

# DINING ROOM AND KITCHEN

REVISED EDITION

AN ECONOMICAL GUIDE IN

## PRACTICAL HOUSEKEEPING

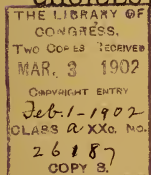
FOR THE

AMERICAN HOUSEWIFE

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CONTAINING THE

CHOICEST TRIED AND APPROVED COOKERY RECIPES



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BY MRS. GRACE TOWNSEND.

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HOME PUBLISHING COMPANY.



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O. W. SIMONS

"CATCHING THE THANKSGIVING TURKEY."

YRABBU ENT

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# ALMONDS AND RAISINS

I was an Almond and a Raisin  
In a dish all silver bright.  
A Raisin dusky purple,  
And an Almond creamy-white.

II.

Said the Raisin to the Almond  
"I was once as full of wine  
As a dewdrop is of sunlight,  
And a glossy skin was mine."

III

Said the Almond to the Raisin,  
"And I've a tale to tell  
I was born inside a flower,  
And I lived within a shell."

IV.

Said the Raisin to the Almond  
"We are both from Southern lands,  
And we come once more together,  
Having fallen in English hands."

V

Said the Almond to the Raisin, "Dont you think we ought to marry?  
I am sure 'twould be as well,  
Though you have lost your juices,  
And I have lost my shell."

VI

Said the Almond to the Raisin  
"It is my dearest wish"

x x x x x x x x

*That's why you always find them  
Side by side within the dish.*



FW.Horne.





"A DAINTY BREAKFAST."

## INTRODUCTION.

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Very few well informed persons dispute the fact that the nature of the food taken by man has an influence upon his brain or mental powers. The object of this book is to present the most approved methods of preparing food in an economical manner.

In the preparation of this book the author has kept in mind the fact that a great many of our housewives are compelled to undertake the duties attendant upon making a home pleasant and agreeable without previously having had an opportunity to master the art of cooking, and the general arrangement of a house.

To all such persons this book will prove a blessing. There are here given in as simple and plain language as possible, the most economical and tried recipes which are the result of a lifetime devoted to practical housekeeping. In addition to cooking recipes, there are special articles on the general management of the home, including the *Nursery*, the *Dining room*, the *Laundry*, and a chapter giving simple remedies for various common diseases.

The culinary science is a progressive one, and many important discoveries are made every day, and new processes devised that add a new spice to life's enjoyments. This book is up with the times, and the experienced housewife will find in it many new ideas which will greatly add to her already charming methods of cooking.

The beginner will be greatly benefited by the chapter devoted to *dinner giving*, as special care has been taken to meet in a practical manner the general demand for an article on this subject.

The cuts which are used to illustrate carving, will be a great help to one who desires to do the honors of the table gracefully and neatly.

Not only every-day fare, but fare for extra occasions has been in-

cluded, cold meat cookery, fare for invalids, beverages of various kinds have all received ample notice.

Great pains have been taken to give this work a most practical character. The recipes are chosen with a belief that they will be found adapted to the requirements and capabilities of the American household. The wood cuts used to illustrate the text are an innovation, and add greatly to its usefulness.

The strong point in favor of good cooking is not so much to gratify the palate, as to perfect the health. The explanation of many fatal disorders is to be found in nothing but badly cooked and ill assorted viands. Our households would enjoy better health, and be better able to withstand sickness when it comes, if pains were only taken to have food well chosen and properly cooked.

Life is made all the brighter by satisfactory feeding, and he is a dull philosopher who despises a good dinner. We sit down to the enjoyment of the table more than a thousand times every year, and whoever thoroughly realizes this fact cannot fail to see the necessity of becoming acquainted with the various cooking processes.

This book is sent forth with the firm belief that my sister women will stamp it with their approval, and that if the beginners will be guided by it they will be better able to realize that true happiness which can only be found in a pleasant home.

Faithfully yours,

THE AUTHOR.





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"We may live without poetry, music and art;  
We may live without conscience, and live without heart;  
We may live without friends; we may live without books;  
But civilized man cannot live without cooks.  
He may live without books—what is knowledge but grieving!  
He may live without hope—what is hope but deceiving?  
He may live without love—what is passion but pining?  
But where is the man that can live without dining?"





"FUN IN THE KITCHEN."

# INDEX TO CONTENTS.

	PAGE.
Introduction.....	9
Table Decorations.....	15
Holiday Bills of Fare.....	17
The Dining Room.....	20
Fresh Fruits and How Served.....	27
Fruit Sauces and Colorings.....	30
Fruit Canned and Dried.....	34
Preserves, Jellies, etc.....	42
Bread.....	62
Biscuit and Rolls.....	73
Griddle Cakes.....	80
Fritters.....	87
Soups With Meat.....	90
Soups Without Meat.....	109
Fish, Frogs, Eels, etc.....	112
Fish Sauces and Gravies.....	125
Oysters, Lobsters, Clams, etc.....	133
Carving.....	145
Meat.....	159
Meats and Sauces.....	125
Meats. How to Preserve.....	183
Poultry, Game.....	185
Vegetables.....	210
Salads.....	235
Salad Dressings.....	236
Pastry, Pies and Tarts.....	242
Puddings and Dumplings.....	259
Desserts—Dainty Dishes.....	276
Sauces for Pudding.....	296
Short Cake.....	293
Ice Cream and Ices.....	303
Cakes.....	308

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Crullers and Doughnuts.....	343
Breakfast Dishes.....	347
Toasts.....	349
Eggs.....	355
Hot and Cold Beverages.....	361
Ices and Sherbets.....	370
Dairy Products.....	376
Sandwiches.....	380
Lunches, Picnics, Parties.....	382
Fragments.....	385
Pickles, Spiced Fruits, etc.....	389
Catsups.....	401
Candies.....	405
Invalid Cookery.....	410
When Food is in Season.....	433
Miscellaneous Recipes.....	417
Scale of Weights and Measures.....	416
Heath Suggestions.....	437
The Cook's Time Table.....	438
Nursery.....	440
The Kitchen.....	451
Laundry.....	454
Perfumes and Toilet Recipes.....	463
Dyeing or Coloring.....	471
Every Day Bill of Fare.....	492
Yeast.....	65





"LUNCH IN THE WOODS."





"DISPUTED REIGN."

# TABLE DECORATIONS.

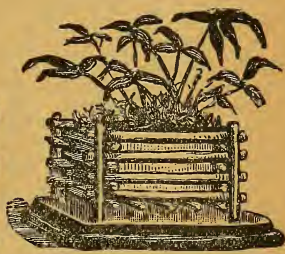
The decoration of the table is now one of the important features of a luncheon or dinner party, and should receive the personal attention of the hostess. An elaborate display of flowers is not essential, as a few, if artistically arranged in attractive holders, will be just as beautiful and add as much to the elegant appearance of the table. The flowers should be fresh and have as little odor as possible. The following designs illustrate receptacles and flowers that are handsome and appropriate as decorations. One large piece should occupy the center of the table and a number of smaller ones placed at the ends and sides so that they will produce the best possible effect.



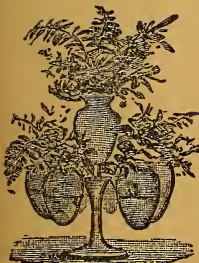
Nautilus Shell.



Bowl for Roses.



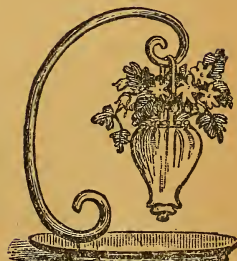
Rustic Fern Stand.



Hanging Vase.



Center Bowl.



Tinted Glass Vase.





Tripod Fairy Lamps.



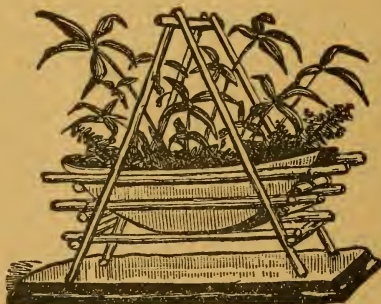
Finger Bowl and Specimen Tube.



Cactus Vase.



Plain Glass.



Rustic Glass Basket.



Bohemian Glass Vase.



Fairy Lamp with Flowers.



Fairy Lamp.



Tinted Flower Pot.



Specimen Tubes.



## HOLIDAY BILLS OF FARE.

Many housewives are frequently perplexed to know what to prepare for holiday feasts. Desiring to aid them we here offer a few suggestions which will give variety, and at the same time tempt the palates of the most fastidious. Of course, any other relishes or dishes may be substituted to good advantage if one's taste so dictates. We have endeavored to suggest such articles as are in season.

**BILL OF FARE FOR NEW YEARS.**—*Breakfast*: Waffles, potato puffs, broiled steak, fried apples. *Dinner*: Chicken soup, roast duck, apple sauce, a brown stew, mashed turnips, sweet potatoes baked, celery; plum pudding with sauce, fruit cake, oranges. *Supper*: Light biscuit, whipped cream with preserves, sliced beef.

**EASTER SUNDAY.**—*Breakfast*: Broiled sirloin steak, French rolls, young radishes, Saratoga potatoes, boiled eggs, waffles and honey. *Dinner*: Chicken soup, or green turtle with Italian paste, fish boiled with drawn butter, whole potatoes, asparagus with eggs; cocoanut pudding, jelly. *Supper*: Plain bread, cold beef, toasted buns with strawberry jam or canned fruit.

**JULY 4TH.**—*Breakfast*: Fresh berries with cream and sugar, broiled Spanish mackerel, buttered toast, escalloped omelette souffle, cream toast. *Dinner*: Pea soup, roast tenderloin of beef, new potatoes, tomatoes, lettuce *a la Mayonnaise*, cucumber sliced; pineapple pudding, ice cream, cake. *Supper*: Small light biscuit, sliced ham, orange tarts, cake and berries.

**THANKSGIVING.**—*Breakfast*: Grapes, oatmeal with cream, panned oysters with toast, hot rolls, broiled mutton chops, raw potatoes fried, flannel cakes with maple syrup or honey. *Dinner*: Turtle, chicken, or



oyster soup, baked fish if large and fresh, or stewed if canned (cod, halibut or salmon), mashed potatoes, celery, roast turkey, baked sweet potatoes, Lima beans, stewed tomatoes, onions, beets, cranberry sauce, cabbage salad, green pickles; pumpkin pie, mince pie, plum pudding, ice cream, assorted cakes, oranges, grapes, nuts. *Supper*: Light biscuit, shaved cold turkey, currant jelly, cheese sandwiches, tea cakes, apples and jelly.

CHRISTMAS.—*Breakfast*: Breakfast cakes—any kind—maple syrup, breaded pork chops, tomato sauce, Saratoga chips, oranges. *Dinner*: Clam soup, roast pig, lobster salad, apple sauce, green peas, canned corn, sweet potatoes, celery, mashed potatoes, currant or plum jelly, pickles, plum pudding, fruit cake, fruits in season, raisins, nuts. *Supper*: Cold roast pig, escalloped oysters, raspberry jam, Vienna rolls and honey.

#### MENU FOR ONE WEEK BY COURSE.

The following arrangement of Bills of Fare for every day in the week, has been made with especial reference to convenience, economy, and adaptation to the wants of ladies who are so fortunate as to be obliged to look after their own kitchens.

Bread is always an accompaniment of every course at dinner, bread and butter being more properly a part of dessert. Cheese is to most persons a pleasant tit-bit at dessert, and pickles, of one or another variety, appropriate to the dishes served, are seen on the table at nearly every meal.

SUNDAY.—*Breakfast*: Baked beans with pork and Boston brown bread, omelet. *Dinner*: Roast turkey, potatoes, canned corn, plum jelly, young lettuce broken up (not cut), heaped lightly in a dish and ornamented with sliced eggs; Charlotte russe, jelly and sponge cake. *Supper*: Cold turkey, cranberry jelly, canned fruit, jam and cake.

MONDAY.—*Breakfast*: Graham bread, broiled bacon, fried potatoes. *Dinner*: Boiled corn beef with horseradish sauce, whole boiled potatoes and turnips, slaw; hot apple pie with whipped cream, oranges and cake. *Supper*: Toasted Graham bread, cold corned beef sliced, grape jelly, hot buns.

TUESDAY.—*Breakfast*: Buttered toast, pork chops broiled, hominy grits. *Dinner*: Tomato soup, pigeon pie, creamed potatoes, canned corn or beans, pickles; steamed pudding with sauce, almonds, raisins.

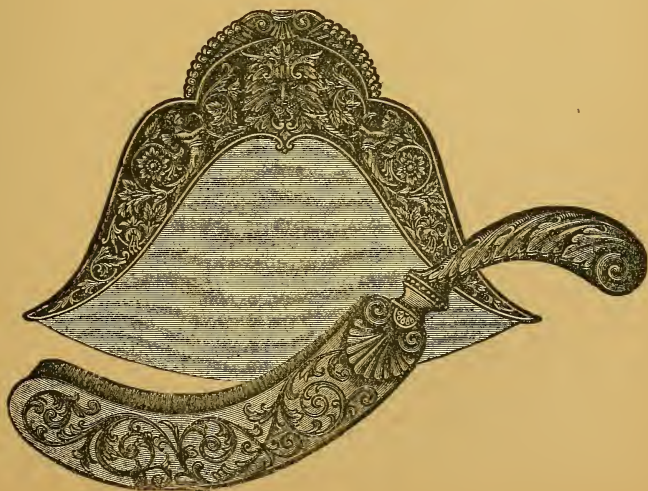
*Supper*: Plain bread, sardines with lemon, light coffee cake or sweet buns and jam.

WEDNESDAY.—*Breakfast*: Sally Lunn, creamed codfish, fried raw potatoes, scrambled eggs. *Dinner*: Pigeon pie, grape jelly, new potatoes, tomato salad; delicious lemon pudding, cake. *Supper*: Toasted Sally Lunn, cold pressed meat, vanities with jelly.

THURSDAY.—*Breakfast*: Oranges, corn batter cakes, broiled liver, scrambled eggs. *Dinner*: Roast beef, mashed potatoes, beets, cress salad; plain boiled rice with cream. *Supper*: Plain bread, Bologna sausage, rusk with berries.

FRIDAY.—*Breakfast*: Muffins, broiled beefsteak, poached eggs, potatoes in Kentucky style. *Dinner*: Baked or boiled fish (if large, or fried if small fish), boiled potatoes in jackets, lettuce salad, custard pie. *Supper*: Toasted muffins, cold rusk with strawberries, or marmalade.

SATURDAY.—*Breakfast*: Cream toast, fried ham, potato cakes, stewed tomatoes. *Dinner*: Roast leg of mutton with potatoes, green corn, tomatoes; muskmelon. *Supper*: Plain bread, dried beef frizzled, boiled rice with cream, blanc mange, jelly, cake.



## THE DINING ROOM.

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### TABLE ARRANGEMENTS.

The ornamenting or final finish of the table should not be left to the servants; this most important step should devolve upon the hostess herself.

In every home it is necessary that the dining room should be as bright and sunny as possible. The plainest room may be made beautiful by exercising a little skill and good taste.

Nothing imparts such an inviting appearance to a table as flowers. A center piece of flowers of a rare or delicate variety, is most attractive. Growing plants in bloom are also desirable for center pieces. When flowers are plentiful, not only should the center pieces be filled with them, but a small bunch tastefully arranged should be placed before each guest, those for the gentlemen being composed only of a few leaves and a blossom or two.

In selecting a center piece, care should be taken that it is not too high nor too large. On a large table more than one center piece can be arranged advantageously by placing a smaller epergne on either side of the larger one.

It is now customary to select some one especial color for decoration, and adhere strictly to this color. In this case the fact is so stated in the invitations, by naming the color selected.

For formal dinners, a round table, five to seven feet in diameter is especially nice, inasmuch as the conversation can thus be made more general.

Napkins, which should never be starched, are folded and laid at each plate with a small piece of bread, or a cold roll partially concealed in its folds.

As many knives, forks and spoons as will be required for the several courses are placed at each plate, unless the hostess prefers to have them brought in with each course; also a glass to be filled with water at the last minute. A heavy piece of canton flannel or baize placed upon the table underneath the tablecloth, will give a heavier and finer appearance to the linen, and also deaden the sound of the dishes. All linen should be a spotless white. Choice dessert sets, except the plates, may remain on the table throughout all the courses; these may be tastefully arranged around dishes of fresh fruit.

Water bottles are now very common, and may be arranged here and there, accompanied with a bowl of ice.

The plates needed should be counted out, and the dessert dishes, finger bowls, etc., should also be set aside in a convenient place.

Dishes that need to be warm, not hot, are left on the top shelf of the range or elsewhere, where they will be kept warm until needed.

Soup and fish being the first course, plates of soup are usually placed on the table before the dinner is announced; or, if the hostess wishes, the soup may be served at the table; the soup tureen (with the soup at the boiling point) and the soup plates should be placed before the seat of the hostess before dinner is quietly announced.

It should previously be indicated to each gentleman the lady with whose escort he is charged; the guest of honor, if a gentleman, escorts the hostess, and should take a seat at her right; if a lady, she is escorted by the host, and should take a seat at his right.

It should be decided beforehand where each guest is to be seated, in order that as little confusion as possible may arise at the time. It will require a great amount of tact on the part of the hostess to seat them all quickly and quietly, as the moment of waiting to be assigned to places is extremely awkward. It is the French custom to place a card with the name of each guest at the place which is intended for him. The host leads the way to the dining room, the hostess being last. The guests of course remain standing until the hostess is seated. The hostess serves only the soup, salad and dessert.

The different dishes to be served by host or hostess, should be



placed before them by the attendant, with the necessary plates or dishes.

After supplying each plate it should be taken by the attendant on a small silver waiter and placed before each guest, beginning at the right of the host. Serve each guest at his left, in order that his right hand may be at liberty.

The plate of each guest is removed as soon as he has finished. The next course, however, should not be served until all have finished.

All crumbs and stray dishes should be removed before bringing in the dessert.

If individual finger bowls are used, they should be brought in on a napkin on the dessert plate, and placed at the left side of the plate.

The signal for arising is given by the hostess.

The oldest lady leads from the room, the youngest following last.

It is customary for the gentlemen to repair to the smoking room and the ladies to the drawing room, where tea is served in about half an hour, with small cakes or wafers.

*General Hints.*—Be on the alert, and in case of accident, hand your napkin to the guest, and if necessary remove his plate, remedy the trouble as soon as possible, lay down a mat on the soiled cloth, and replenish with knives and forks, napkin, etc., and procure the guest a fresh supply of what he was eating.

If asked for the pepper or anything else from the cruet or castor, hand the cruet or castor entire to the guests.

If asked for any condiment such as French mustard, olive, chow-chow, etc., etc., hand bottle, if in a bottle, or glass, if in a glass, to the guest, with the prong or fork, and let the guest serve himself, then place it back where it was on the table.

Always hand the sauce for each particular dish to the guest partaking of that dish.

If ice cream is served, serve it independent of the head of the table, as his work is through with the first courses. The usual form of ice cream now is bricks.

The proper dress for a waiter is a dark dress coat and trousers, white vest and necktie. A waitress should wear a dark dress with white apron and cap. Both should wear light slippers or boots, and make as little noise as possible.

If *menus* or bills of fare are used, place one at each plate.

Napkins are never supposed to appear a second time without washing. Hence napkin rings are domestic secrets, and not for company.

Never let two kinds of animal food or two kinds of pastry be eaten from the same plate; make a fresh course of each.

One good waiter is worth much more than two poor ones.

Always change knives and forks, or spoons with plates. As before stated, it is well to start with two or three relays of implements by the plates.

Don't have over two vegetables with a course. Let them be offered together on the same waiter. At a large dinner, you can have two varieties in the same course, *i. e.*, two soups, two fish, two meats, etc., letting the waiter offer the guest a plate of each at the same time, the guest choosing between them.

Everybody is always out of bread; prevent it if you can.

Two hours is long enough to serve any dinner that Christians ought to eat; three hours and a half is too long.

The host goes in first with the lady, whom he seats at his right. The hostess goes in last with the gentleman, whom she places at her right.

In no case place napkins in glasses, but on plates, whether rolls are in them or not.

As soon as guests are seated, ask if they prefer milk or water. If water, fill from the water jug. If milk, fill from the milk pitcher. Both jug and pitcher are kept on sideboard.

Waiters should be as quiet as possible, and always should go to left of guest.

*Table Etiquette.*—Gloves are removed at the table and laid in the lap, under the napkin.

Ladies should draw their skirts in to a space that will not crowd their neighbors.

Whenever one or both hands are not occupied, they should be kept below the table.

Use the spoon for soup, stewed fruit, berries, or fruit and cream, preserves and melons.

If boiled eggs are brought on in the shell, egg cups should be provided, the small end of the egg should be placed in the cup, and an opening made at the top of the egg sufficiently large to admit a teaspoon.

If egg cups are not supplied, the egg should be cut open with a knife and the contents removed with a spoon.

When you rise from your chair, leave it where it stands.

When done, lay your knife and fork side by side on the plate, with handles to the right.

Sip soup from the side of the spoon.

Pears and apples are to be peeled, cut in quarters, and eaten from the hand.

Oranges are peeled and either cut or separated, or they may be cut crosswise and eaten with a spoon.

Grapes should be eaten behind the hand, the stones and skins dropped in the fingers, and passed to the plate.

It is not improper to dip the knife or fork into the salt.

It is a bad habit to put large pieces of food into the mouth.

Avoid discussing the food.

Do not make noises when eating, by sucking soup with a gurgling sound, chewing meat noisily, smacking the lips, or breathing heavily

Do not take the last piece on a dish, unless there is more.

Never lick your fingers.

Bread should be broken, never cut.

When you pass your plate for anything, the knife and fork should be removed and rested upon a piece of bread or held in the hands.

A gentleman should see that a lady is served first.

Place all refuse at the side of the plate, or in scrap dishes provided for the purpose, not on the tablecloth.

Never hold the knife and fork erect in your hands at each side of the plate.

Never spit out bones, cherry stones, etc., on to the plate, but use a spoon or fork.

Never eat all there is on your plate, nor attempt to do so.

"Bad dinners go hand in hand with total depravity; while a properly fed man is already half saved."

Never help yourself to butter, or any other food with your own knife or fork.

Raw oysters are eaten with a fork.

A cream cake or anything of similar nature should be eaten with the fork, never bitten.

It is in bad taste to mix food on the plate.

Asparagus, when served on bread or toast, may be taken from the finger and thumb; if it is fit to be set before you, the whole of it may be eaten.

Pastry should be broken and eaten with a fork.

Fish must be eaten with the fork.

Peas and beans require the fork only.

Macaroni is cut and cheese crumbled on the plate, and eaten with a fork.

Potatoes, if mashed, should be mashed with the fork.

Game and chicken are cut, but never eaten with the bones held in the fingers.

Green corn should be eaten from the cob, held with a single hand only.

Salt must be left on the side of the plate, and not on the tablecloth.

Celery, cresses, olives, radishes and relishes of that kind, are, of course, to be eaten with the fingers; the salt should be laid upon the plate, not upon the cloth. Cut with the knife, but never put it in the mouth; the fork must convey the food, and may be held in either hand as convenient. (Of course, when the old-fashioned two-tined fork is used, it would be absurd to practice this rule.)

Berries, of course, are to be eaten with a spoon. In England they are served with their hulls on, and three or four are considered an ample quantity. Theirs, however, are many times the size of ours. In such cases they take the big berry by the stem, dip into powdered sugar, and eat it as we do the radish. Food that can not be held with a fork should be eaten with a spoon.

It is not proper to drink with a spoon in the cup; nor should one ever quite drain a cup or glass.

Never pick your teeth at table, or make any sound with the mouth in eating.

Don't, when you drink, elevate your glass. Bring the glass perpendicularly to the lips, and then lift it to a slight angle. It is far better for the digestion not to drink tea or coffee until the meal is finished. Drink gently and sparingly, and do not pour it down your throat.

Eat slowly for both health and manners.

Do not lean your arms on the table, or sit too far back, or lounge.



If there are two dishes of dessert, the host may serve the most substantial one.

Fruit is served after puddings and pies, and coffee last.

In pouring coffee, the sugar and cream are placed in the cup first.

For tea it is better to pour first, and then add cream and sugar.

Spread butter on bread as it lies on the plate, or slightly lifted at one end of the plate.

When soup is eaten, wipe the mouth carefully with the napkin; use it also to wipe the hands during meals.

Finger bowls at dinner parties and luncheons are indispensable. They are quite as needful as the napkin, for the fingers are also liable to become a little soiled in eating. They can be procured quite cheaply, and should be half filled with warm water. A small slice of lemon is usually put into each bowl to rub upon the fingers. A leaf or two of sweet verbenæ, or orange flower are also used, but the slice of lemon is most common. The finger tips are slightly dipped into the bowl, the lemon juice is squeezed upon them, and then they are dried softly upon the napkin.

A spoon should never be turned over in the mouth.

If one has been given a napkin ring, it is necessary to fold the napkin and use the ring; otherwise the napkin should be left unfolded.

Never pick your teeth at the table. If it is absolutely necessary, however, it should be done behind the napkin.

For evening parties it is often less expense and trouble to place supper in the hands of a regular confectioner, but for small card or literary parties the trouble need not be so great. For regular reception evenings, ices, cakes and chocolate are enough.

A small house is more easily kept clean than a palace.

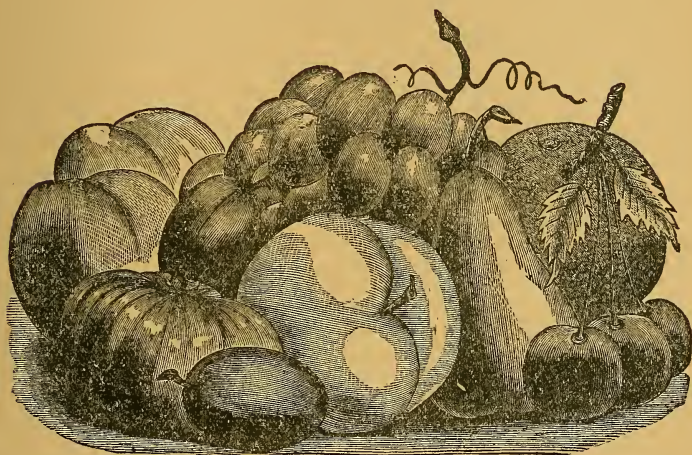
Taste may be quite as well displayed in the arrangement of dishes on a pine table as in grouping the silver and china of the rich.

A dirty kitchen and bad cooking have driven many a husband and son, and many a daughter too, from a home that should have been a refuge from temptation.

Skill in cooking is as readily shown in a baked potato or a johnny-cake, as in a canvas-back duck.

The charm of good housekeeping lies in a nice attention to little things, not in a superabundance.

## FRESH FRUITS AND HOW SERVED.



Fresh fruits, if thoroughly ripe, are more palatable and more healthful than if cooked. They should be looked over and sorted carefully. Reserve the finest for immediate table use, and put aside the bruised and imperfect to be cooked as soon as possible. Unless positive decay has set in, they may be stewed, and utilized in various ways.

*Pineapple.*

Pare, remove the eyes, and pick the pineapple in small pieces with a silver fork, stripping it from the core. Never use a knife to cut the pineapple, as it destroys the flavor. Sprinkle with powdered sugar. Stand in a cold place one hour before serving.

### *Apples.*

For the table, select those of a spicy flavor; wipe them clean and polish with a soft towel. Serve in a fruit dish or a small, pretty basket. Use only a silver knife in cutting.

### *Currants.*

The large cherry and the white currants may be served together. Select large clusters, rinse them by dipping in and out of cold water, then place on a sieve to drain. Arrange them on a pretty dish, and serve in saucers around a small pyramid of powdered sugar. Take the stem between the thumb and finger, dip the fruit lightly in the powdered sugar, and eat from the stem. They may also be stemmed and mixed with an equal quantity of raspberries.

### *Grapes.*

Grapes should be rinsed in cold water, drained on a sieve, and then arranged in a pretty basket; fruit scissors should accompany the basket, to divide the clusters.

### *Oranges.*

Oranges may be served whole, cut in halves crosswise, and eaten with a spoon. Or, peeled, cut in small pieces, rejecting the seeds. Sprinkle with powdered sugar, let stand an hour, and serve.

### *Peaches.*

Pick out the finest, large yellow peaches. Rub the wool off carefully, handling as little as possible. Serve in a pretty basket with peach or rose leaves around the basket. Or, pare and slice, sprinkle with powdered sugar, and serve with rich cream.

### *Raspberries.*

These berries like blackberries, are apt to have a very disagreeable insect among them and for that reason must be carefully looked over a handful at a time. It is not necessary to wash them except in extreme cases, as they grow far enough above the ground to escape the sand.

Black berries, Dewberries, and Huckleberries are prepared in the same way, and they are all improved by preparing them early and letting stand on ice for a few hours.

*Strawberries.*

On account of strawberries growing so close to the ground, they are often very full of sand, especially just after a rain. If they appear to be at all sandy put a few in a colander and pour cold water over them, turning them over and over—or have a large pan full of water and dip the colander deep in this water a dozen times or more. Do this before you stem the berries, and they will not be injured.

*Bananas.*

Bananas or oranges are a nice relish for a breakfast dish. Serve either whole or sliced sprinkled with powdered sugar.

*Melons.*

Melons if fresh can not be excelled for a relish for breakfast or for a course in dinner, but they must be fresh, and an easy way to determine this is by the stem, if it is still on. If it breaks off easily and is brittle the melon is ripe, but if it is tough and cannot be broken off the melon is not ripe.

*Watermelon.*

Watermelon should be put on ice the day before it is eaten, and can be sliced in any style desirable.

*Nutmegs.*

These melons are nicest for breakfast dish and if you have not been able to have them on the ice all night, cut them in halves, remove seeds and fill the hollows with chopped ice.

*Mixed Nuts.*

The thin shelled almond is preferable to any, as they are so easily prepared. If they are not used, a nut cracker must be passed, or the nuts cracked before serving.

*Iced Currants.*

One-quarter pint of water, the whites of 2 eggs, currants, pounded sugar. Select very fine bunches of red or white currants, and well beat the white of the eggs. Mix these with water; then take the currants, a bunch at a time, and dip them in; let them drain for a minute or two, and roll them in very finely pounded sugar. Lay them to dry on paper,



when the sugar will crystalize round each currant, and have a very pretty effect. All fresh fruit may be prepared in the same manner.

### *Pomegranates.*

Remove the outside skin and carefully take out the seeds, rejecting every particle of the thin brown skin that separates the sections. Heap the seeds on a pretty dish, mix with them finely chopped ice, and serve.



## FRUIT SAUCES AND COLORINGS FOR SAME.

### *Boiled Apples, Spiced.*

Take about 20 nice cooking apples, wipe them clean, and place them in a preserving kettle, with water enough to about half cover them; then add 2 cups sugar, one-half cup vinegar, and a dessert spoon of ground cinnamon. Cover closely, and let simmer over a slow fire until soft.

### *Cider Apple Sauce.*

Cider is best boiled down to about one-third of the original quantity. To 5 quarts of quartered sweet apples add 1 pint of boiled sour cider

and 1 pint of water. Cover with a plate and cook on top of stove one-half day.

### *Dried Apple Sauce.*

Put 1 quart dried apples to soak. Let stand two hours. Pour off water; put in earthen vessel, cover with water, Boil slowly and add hot water as needed; when nearly done slice one lemon in, not allowing seeds to get in, and sweeten to taste.

### *Baked Pears.*

For this choose large sweet pears. Wipe them, but do not remove the stems. Stand them in an earthen baking dish, pour around them a cup of boiling water, add 2 tablespoonfuls of sugar, cover with another dish, and bake slowly until the pears are tender, basting three or four times with the liquor. When done, stand away to cool in the dish in which they were baked. When cold, lift them carefully into a pretty glass dish, pour the liquor over them, and serve with sugar and cream.

### *Stewed Prunes.*

Wash the prunes through several cold waters, cover them with fresh cold water, and soak over night. Next day, turn them with the water into a porcelain lined kettle, sweeten to taste, and let them simmer very gently until tender. When done, remove them carefully with a skimmer and boil the syrup rapidly for ten minutes; then pour it over the prunes, and stand away to cool. Dried peaches may be stewed in the same way.

### *Coddled Apples.*

Take tart apples of uniform size; cut in halves, remove the cores without breaking. Lay them in the bottom of a porcelain lined kettle, strew thickly with sugar, cover the bottom of the kettle with water, put on the lid, and allow the apples to steam on the back part of the stove until tender. Dish carefully without breaking; pour the syrup over them, and stand away to cool.

### *Stewed Apples (Mother's recipe).*

Peel, halve and core 6 large apples. Put in earthen vessel, cover with water, add 1 cup sugar, cover tightly and stew moderately slow. If cooked properly the halves will be perfect in shape. If you wish, grate a little nutmeg over them before serving.

### *Stewed Pears.*

Pears may be stewed precisely the same as apples.

### *Blackberry Mush.*

Make the same as flummery, using 3 tablespoonfuls of corn starch instead of two.

### *Baked Apples.*

Put good tart apples nicely washed in a pie tin and bake until done in a moderate oven.

### *Baked Quinces.*

Put whole ripe quinces in the oven in a pan and bake thoroughly. When done, remove the skins, place in a glass dish, sprinkle plentifully with sugar, and serve with cream.

### *Stewed Dried Berries.*

Take 4 times the water you have of berries, bring to a boil, and then cook slowly till done. Add a little less sugar than berries taken. Half blackberries and half raspberries make a good sauce. Any other dried berries can be stewed in similar manner.

### *Stewed Rhubarb.*

Wash the rhubarb, and cut it into pieces about one inch long. Do not peel. To every pound of rhubarb allow 1 pound of sugar. Put the rhubarb into a porcelain lined or granite kettle, cover it with sugar, and stand it on the back part of the fire until the sugar melts; then bring it to boiling point without stirring. Then turn it carefully out to cool, and it is ready for use.

### *Cranberry Sauce.*

One quart of cranberries, 2 cupfuls of sugar, and a pint of water. Wash the cranberries, then put them on the fire with the water, but in a covered saucepan. Let them simmer until each cranberry bursts open; then remove the cover of the saucepan, add the sugar, and let them all boil for twenty minutes without the cover. The cranberries must never be stirred from the time they are placed on the fire. This is an unfailing recipe for a most delicious preparation of cranberries.

*Apple Ginger (A dessert dish).*

Two pounds of any kind of hard apples, 2 pounds of loaf sugar, one and one-half pints of water, 1 ounce of tincture of ginger. Boil the sugar and water until they form a rich syrup, adding the ginger when it boils up. Pare, core and cut the apples into pieces; dip them in cold water to preserve the color, and boil them in the syrup until transparent; but be careful not to let them break. Put the pieces of apple into jars, pour over the syrup, and carefully exclude the air, by well covering them. It will remain good for some time, if kept in a dry place.

In many cases the juices of fruits will answer the purpose and give a good flavor.

*Coloring Ice Creams.*

Green coloring, use juice of spinach or beet leaves. Vegetable green, already prepared, can be bought at the druggists.

Yellow coloring, saffron soaked in warm water.

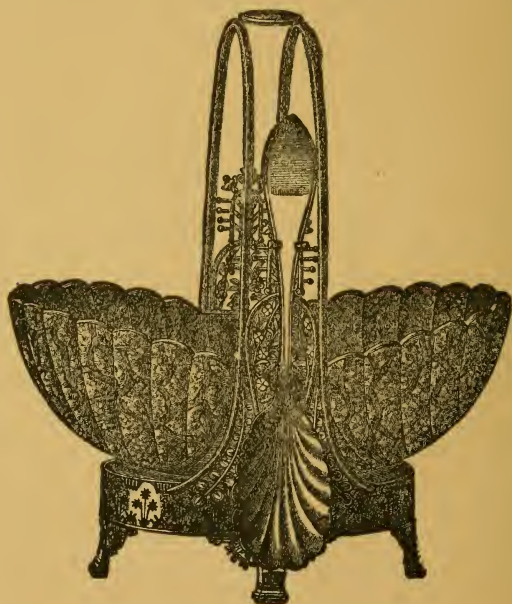
Red coloring, take cochineal, which can be had at any druggists, or made as follows: One-quarter ounce cochineal, pound finely and add one-half pint boiling water, one-half ounce cream of tartar, one-quarter ounce alum, and one-quarter ounce salt of tartar. Let it stand until the color is extracted, then strain and bottle.

Purple coloring, mix a small quantity of cochineal and ultramarine blue.

Brown coloring, use chocolate, grated.



## CANNED AND DRIED FRUITS.



None but perfectly sound and fresh fruits should be used for this purpose. They may be canned with or without sugar, as the sugar takes no part whatever in their preservation. The fruit should not be cooked sufficiently long to destroy its natural flavor, and while boiling hot should be sealed in air tight glass jars, filled to overflowing to exclude every particle of air, then quickly sealed. The jars should be thoroughly

heated before filling, filled through a wide-mouthed funnel, and **should**, during this process, stand on a folded damp towel, to prevent breakage. Large-mouthed glass jars, with porcelain-lined or glass tops **only** should be used. After filling and screwing on the tops, stand the jars in a warm part of the kitchen, where the air will not strike them, over night. In the morning you will be able to give the tops another turn. Then wipe the jars carefully, and put them away in a cool (not cold) dark closet. In a week or two examine them carefully; if the liquid has settled, and you see no small air bubbles, or the porcelain-lined tops slightly indented, you may be sure that the fruit is keeping; if you find the opposites, the fruit is beginning to ferment, and the jars will burst if not opened. Re-cork and use them at once for stewed fruit. If you are obliged to use common large-mouthed bottles with corks, steam the corks and pare them to a close fit, driving them in with a mallet.

## SEALING WAX.

One pound of resin, 3 ounces of beeswax, one and one-half ounces of tallow. Use a brush in covering the corks, and as they cool, dip the mouth into the melted wax. Place in a basin of cool water. Pack in a cool, dark, and dry cellar. After one week, examine for flaws, cracks, or signs of ferment.

The rubber rings used to assist in keeping the air from the fruit cans sometimes become so dry and brittle as to be almost useless. They can be restored to normal condition usually by letting them lie in water in which you have put a little ammonia. Mix in this proportion: One part of ammonia and 2 parts water. Sometimes they do not need to lie in this more than five minutes, but frequently a half hour is needed to restore their elasticity.

In opening a tin can of fruit pour out the contents immediately. Leave exposed to the air in an open dish for some little time before using, and if any remains over put away in an earthen dish.

Cans that refuse to open will usually yield to a cloth wrung from hot water and folded around the top. If not, set the can with the top downward in an inch or so of boiling water. See that it does not touch the glass. Or run knife under rubber.

Rubber rings that have hardened, may be dropped for one-half hour in a solution of one-third water and two-thirds ammonia, to soften.

## CONDENSED CANNING.

Pack the cans full of fruit. Screw the covers on lightly, and stand each can on a little block of wood placed in the bottom of the boiler. Fill as many cans as will stand in the boiler. Put sugar enough in each one to sweeten for the table. Fill the boiler with cold water nearly to the top of the cans. Boil twenty or twenty-five minutes. When the fruit will be found to have settled somewhat, remove part of the cans; open and take one to fill up the others. Screw tightly and proceed in the same way until all are filled. It will take about three out of twelve to fill those that have settled. Let stand all night, and tighten the covers in the morning. It is better not to put the rubber rings on the cans until after they have been boiled and re-filled. There is no danger of breakage in this way, and the cans are almost solid fruits, thus gaining in space. In preparing for the table they can be diluted with hot water to the desired consistency, and sweetened to taste, or served as they are. Some cook books advocate canning without sugar, but fruit is never quite as nice prepared in this way, and it should be sweetened partially, at least, when first canned.

Peas, beans and tomatoes are excellent canned in the same way; corn also. Fill the cans as for fruit, omitting sugar. Boil the same way until they are sufficiently cooked; fill each can with hot water. Screw down tight, and set away. Some housekeepers prefer to cook the vegetables ten or fifteen minutes, then fill the cans and finish cooking. Canned in this manner, fruits will not lose flavor as in the usual way. Small fruits of all description may be canned in this manner.

### *Canned Peaches.*

Select some fine, free-stone peaches; pare, cut in two and stone them. Immerse in cold water, taking care not to break the fruit. See that the peaches are not over ripe. Place in the kettle, scattering sugar between the layers—the sugar should be in the proportion of a full tablespoonful to a quart of fruit. To prevent burning put a little water in the kettle. Heat slowly to a boil, then boil for three or four minutes.

### *To Color Preserves Pink.*

This can be done by putting into the syrup a little cochineal, powdered fine, before adding the fruit.

### *To Color Fruits Yellow.*

Boil the fruit with fresh skin lemons in water to cover them, until it is tender; then take it up, spread it on dishes to cool, and finish as may be directed.

### *To Color Fruits Green.*

Pound beet leaves, take the froth and mix with the fruit syrup.

### *Canned Strawberries.*

All berries are canned after much the same fashion. Either use one or the other of the two rules given at the beginning of this division, or proceed as follows: Put the berries in a porcelain kettle. Heat slowly; as they commence boiling add sugar according to the table at beginning of this chapter. If strawberries, boil eight or ten minutes before putting in the sugar; dip out any extra juice. Can hot, and seal at once.

### *To Can Quinces.*

Cut the quinces into thin slices like apples for pies. To 1 quart jarful of quince, take a coffee saucer and a half of sugar, and a coffee cupful of water; put the sugar and water on the fire, and when boiling put in the quinces; have ready the jars with their fastenings, stand the jars in a pan of boiling water on the stove, and when the quince is clear and tender put rapidly into the jars, fruit and syrup together. The jars must be filled so that the syrup overflows, and fastened up tight as quickly as possible.

### *Canned Pineapple.*

For 6 pounds of fruit, when cut and ready to can, make syrup with two and a half pounds of sugar and nearly 3 pints of water; boil syrup five minutes, and skim or strain if necessary; then add the fruit, and let it boil up; have cans hot, fill, and shut up as soon as possible. Use the best white sugar. As the cans cool, keep tightening them up. Cut the fruit half an inch thick.



### *Canned Fruit Juices.*

Fruit juices are as good as fresh fruits in making sauces and puddings.

Juices of fruit in the summer time can be put up at little expense.

Select good fruit, press out the juice, and strain it through a flannel bag. To each pint of juice add 1 cup of granulated sugar. Put in a porcelain kettle, bring it to the boiling point, and bottle while hot in glass jars. Seal tight while hot. Will keep a long time, the same as canned fruit. By putting up different kinds of fruit juices you will have the different colors and different flavors.

### *Canned Raspberries.*

Look the berries over carefully and put them into a porcelain kettle. Put on water until you can see it through the berries. Sweeten as you would for a stew, and can and seal boiling hot. Gooseberries, plums, cherries and all small fruits are treated in a similar way. Care being taken that the cans are hot and berries boiling.

### *Canned Elderberries.*

As these berries will not stand much cooking, they are best put in cans first and the cans set in water to boil. Fill cans up with boiling water and seal.

### *Canned Pears.*

Prepare and can precisely like peaches in preceding recipe, except that they require longer cooking. When done they are easily pierced with a silver fork.

### *Canned Apples.*

When apples are plentiful it is a good plan to stew them, and can as other fruit.

### *Canned Pumpkin.*

Steam the pumpkin, first slicing and removing seeds; leave in the shell. When done, scrape from the shell. Mash, fill into cans, hot, being careful that no air bubbles remain in filling the can. Seal up. It can be prepared for pies the same as fresh pumpkin, from which it cannot be told. Instead of steaming, it may be baked and scraped from the shell.

### *Canned Pie Plant.*

Cut in inch pieces and stew with its own weight of sugar slowly, until tender. Add only water enough to dissolve sugar. Seal up. Can without sugar, if more convenient.

### *Canned Plums.*

To every pound of fruit allow three-quarters of a pound of sugar; for the thin syrup, a quarter of a pound of sugar to each pint of water. Select fine fruit, and prick with a needle to prevent bursting. Simmer gently in a syrup made with the above proportion of sugar and water. Let them boil not longer than five minutes. Put the plums in a jar. pour in the hot syrup, and seal. Green gages are also delicious done in this manner.

### *To Stew Apples.*

One pound sugar boiled in 1 quart of spring water and skimmed, 1 pound of the largest pippins, cut in quarters and the cores taken out. Have the syrup boiling; when you put them in let them stew till they are quite tender, then add the juice of 2 large lemons, and the peel cut small; give them a few more boils after the lemons are put in. If you want them to keep all the year, the syrup must be well boiled after the apples are taken out. As you peel the apples fling them into cold water.

### *Canned Corn.*

Dissolve an ounce of tartaric acid in half teacup water, and take 1 tablespoon to 2 quarts of sweet corn; cook, and while boiling hot fill the cans, which should be tin. When used turn into a colander, rinse with cold water, add a little soda and sugar while cooking, and season with butter, pepper and salt.

### *Canned Mince Meat.*

Mince meat, like fruit, can be preserved in a similar manner to fruit, and kept for years. The secret is to can the fruit while hot, and put into glass jars and seal perfectly tight, and set in a cool, dark place. It is a great treat to have an occasional mince pie in late spring and mid-  
dle summer.

### *Stewed Pears.*

Pare and quarter, red juicy pears, according to their size; throw them into water to prevent their turning black. Stew in a granite pan, and sprinkle as much sugar over as will make them pretty sweet, and add lemon peel, and a clove or two; just cover them with water. Cover them close, and stew three or four hours. Lovely.

### *Canned Preserved Currants.*

Stem and weigh, allowing a pound of sugar to every one of fruit; put in a kettle, stew gently for twenty minutes; then add the sugar, do not allow it to boil, but keep as hot as possible until the sugar is dissolved, then pour it in cans and secure the covers at once. White currants are beautiful preserved in this way.

### *Canned Tomatoes.*

Pour boiling water over the tomatoes to loosen the skin. Peel, crush each tomato in the hand; this wrings out the juice in a way that cannot be accomplished by slicing. When enough are prepared, let them stand awhile and pour off the accumulated juice; press a plate on them and pour off the remainder of the juice. Let them boil up several times in the preserving kettle; skim, and can. Stone jars, jugs and glass cans may be used. Some prefer to season them slightly with salt before canning. To serve tomatoes prepared in this way, all that is necessary is to heat them sufficiently to melt the butter. Thicken slightly with broken crackers, toast or stale bread. Tighten the can covers before putting away, and wrap glass cans in paper to prevent fading.

### *Dried Currants, Blackberries and Raspberries.*

Dry in the same manner as gooseberries. Use more sugar if desired.

### *Dried Cherries.*

Cherries can be dried same as gooseberries, using a little more sugar, or the same as plums. Cherries can be dried without sugar.

### *Dried Plums.*

Pit and put in jars, a layer of fruit alternately with a layer of sugar in the proportion of one-half pound sugar to 1 pound of fruit. Let

stand over night. Then put the jar over the fire and boil ten minutes, skimming carefully. Remove the fruit from the syrup and spread thinly over plates and dry in the sun or a moderate oven, turning frequently until dry. Pack carefully in boxes. Nice for stewing, for fruit puddings or pies. The syrup that is left can be used in the proportion of a pint to a quart of good cider vinegar in making sweet fruit pickles.

### *Dried Peaches and Apples.*

Pit, peel, and cut to suit; dry partly and then pack them in jars, spreading sugar thickly between the layers. Tie down and they will keep well and be delicious for pies or sauce. They may also be dried without any sugar, and put away for use.

### *Dried Peaches.*

Halve the fruit, remove the stones, fill the cavities with white sugar and dry in a moderate oven. The fruit, if first-class peaches are used, will be found delicious, almost equal when stewed to preserves, and far more healthful and economical.

### *Dried Pumpkin.*

Prepare a large kettleful as for stewing. Let boil briskly until all the water has evaporated, then let boil slowly, stirring often until very dry, and beginning to brown slightly. Put on plates in a moderate oven to dry. Hang up in a closely-tied paper bag. When wanted for use take a piece the size of an egg and put it in a quart of warm milk over night. It will be ready for use in the morning.





## PRESERVES, JELLIES, ETC.

Preserves, to be perfect, must be made with the greatest care. Economy of time and trouble is a waste of fruit and sugar.

The great secret of success in canning fruit is to let the fruit boil slowly, skim well, and can hot. Be sure to fill your can so that when you put on your cover they will run over. Press the glass cover firmly with your hand before putting on the ring. If this is done right, and the rubber rings are new, which they should be every year, they will seal without any difficulty.

In the old way of preserving, we used pound for pound, when they were kept in stone jars or crocks. "Pound for pound" preserves and jam can be put away without sealing; simply tie up with two or three thicknesses of paper, over which put a cloth. Look at them occasionally and if signs of working appear, heating up thoroughly will sweeten them again. Remove carefully any mold that may show itself.

The "pound for pound" custom of preserving fruit has been growing less for many years, though many still prefer the preserved to canned fruit. Now, as most preserves are put up in sealed jars or cans, less sugar seems sufficient; three-quarters of a pound of sugar is generally all that is required for a pound of fruit.

Berries, peaches, etc., may be packed in a jar in layers, with part of the sugar sprinkled between. Do this over night. It will be found to harden the fruit so that it will keep its form better when cooked, and will also permeate it more thoroughly with the sugar. Add the remainder of the sugar in the morning, and proceed as usual.

Use porcelain, granite, iron kettles or stone jars for preserving.

Fruits that require paring should be dropped into cold water as soon as peeled, to prevent blackening.

Boil preserves gently. All large fruits should be thrown into cold water as soon as pared, to prevent discoloration, then boiled in clear water, in which has been dissolved a quarter teaspoonful of powdered alum to every quart of water, until tender, then drained and boiled a few moments in the syrup.

Marmalades, or the different butters, will be smoother and better flavored, and will require less boiling, if the fruit (peaches, quinces, oranges and apples make the best) is well cooked and mashed before adding either sugar or cider. It is important to stir constantly with an apple butter stirrer.

Moulds can be prevented from forming on fruits, by placing a small piece of linen saturated with alcohol on the top of each can before sealing it. This is harmless, tasteless and effectual.

### *To Preserve Plums Without the Skins.*

Pour boiling water over large egg or magnum bonum plums, cover them until it is cold, then pull off the skins. Make a syrup of a pound of sugar and a teacup of water for each pound of fruit, make it boiling hot, and pour it over; let them remain for a day or two, then drain it off and boil again; skim it clear and pour it hot over plums; let them remain until the next day, then put them over the fire in the syrup, boil them very gently until clear; take them from the syrup with a skimmer into the pots or jars; boil the syrup until rich and thick, take off any scum which may rise, then let it cool and settle, and pour it over the plums. If brown sugar is used, which is quite as good, except for greengages, clarify it as directed.

### *Apple Preserves (whole).*

Take three-fourths pound of sugar to each pound of apples; make a syrup of the sugar and water, and a little lemon juice or sliced lemon; skim off all scum and put a few apples at a time into the syrup and boil until they are transparent; skim out and put in a jar. When all are done, boil the syrup down thick, pour it boiling hot over the apples and cover closely. The flavored fruit not easily broken should be selected.

### *Strawberry in Jelly.*

Put gelatine in cold water, add a pint of red currant juice, sweetened, a pint of strawberries left whole. Pour into moulds and set on ice.

### *Apple Preserves.*

Sweet apples are best, as they are tough and stand more cooking. Pare apples, and halve and core. To every pound of apples take a good half pound of white sugar. Boil sugar with water to a thick syrup. Pour over apples in a jar, and let stand over night. In the morning pour off syrup, bring to a boil, and add apples. Let all boil slowly until apples are clear. If desired can flavor with ginger-root or lemon. Be sure to add enough water to your sugar to cover apples the first time over night. If necessary, scald apples two nights, and then preserve.

### *Apple and Quince Preserves.*

Pare, core and quarter a peck each of quinces and sweet apples. Steam until tender; make a syrup according to some of the previous rules; three-quarters pound of sugar and one-half cup of cold water to a pound of fruit; boil and skim. Put the fruit in the syrup, boil until a beautiful red; slice in a large lemon or two just before taking up. This is very nice. The skin and rough pieces may be used for jelly.

### *Preserved Quinces.*

Pare, core and quarter your fruit, then weigh it and allow an equal quantity of white sugar. Take the parings and cores, and put in a preserving kettle; cover them with water and boil for half an hour, then strain through a hair sieve, and put the juice back into the kettle and boil the quinces in it a little at a time until they are tender; lift out as they are done with a drainer, and lay on a dish; if the liquid seems scarce add more water. When all are cooked, throw into this liquor the sugar, and allow it to boil ten minutes before putting in the quinces; let them boil until they change color, say one hour and a quarter, on a slow fire; while they are boiling occasionally slip a silver spoon under them to see that they do not burn, but on no account stir them. Have 2 fresh lemons cut in thin slices, and when the fruit is being put in jars lay a slice or two in each. Quinces may be steamed until tender.

### *Preserved Pears.*

To six pounds of pears, four pounds of sugar, two coffee-cups of water, the juice of two lemons, and the rind of one, a handful of whole ginger; boil all together for twenty minutes, then put in your pears and boil till soft, say about a quarter of an hour; take them out and boil

your syrup a little longer; then put back your fruit and give it a boil; bottle while hot; add a little cochineal to give them a nice color.

### *Preserved Greengages in Syrup.*

To every pound of fruit allow 1 pound of loaf sugar, one-quarter pint of water. Boil the sugar and water together for about ten minutes; divide the greengages, take out the stones, put the fruit into the syrup and let it simmer gently until nearly tender. Take it off the fire, put it into a large pan, and, the next day, boil it up again for about ten minutes with the kernels from the stones, which should be blanched. Put the fruit carefully into jars, pour it over the syrup, and, when cold, cover down, so that the air is quite excluded. Let the syrup be well skimmed both the first and second day of boiling, otherwise it will not be clear.

### *To Preserve Cherries in Syrup.*

Four pounds of cherries, 3 pounds of sugar, 1 pint of white currant juice. Let the cherries be as clear and as transparent as possible, and perfectly ripe; pick off the stalks and remove the stones, damaging the fruit as little as you can. Make a syrup with the above proportion of sugar, mix the cherries with it and boil them for about fifteen minutes, carefully skimming them; turn them gently into a pan, and let them remain till the next day; then drain the cherries on a sieve, and put the syrup and white currant juice into the preserving pan again. Boil these together until the syrup is somewhat reduced and rather thick; then put in the cherries and let them boil for about five minutes; take them off the fire, skim the syrup, put the cherries into small pots or wide-mouthed bottles; pour the syrup over, and when quite cold, tie them down carefully, so that the air is quite excluded.

### *Plum Sweetmeats.*

When damson plums are perfectly ripe, peel and divide them, taking out the stones; put them over a gentle heat to cook in their own juice; when soft rub them through a sieve and return to the stove, adding just enough sugar to sweeten, a little cinnamon, and when nearly done, wine in quantity to suit the taste. This is done more to keep the sweetmeats than for the flavor, as self-sealing cans are not used here, and all preserves are pasted up with the white of eggs. The common wine of the country is thin and sour, and is much used in cookery.



### *Wild Plum Preserves.*

Scald the plums in saleratus water, 1 teaspoonful to 2 gallons of plums. When the skins break slightly, pour off the water and turn the plums into a colander to drain. When cool remove the pits and weigh the fruit. Allow pound for pound of sugar. Clarify the sugar by boiling with little water; skim, and put in the fruit. When tender, skim out and boil the syrup down and pour over the plums. Tie up in small jars when cold.

### *Gooseberry Jam.*

To every 8 pounds of red, rough, ripe gooseberries, allow 1 quart of red currant juice, 5 pounds of loaf sugar. Have the fruit gathered in dry weather, and cut off the tops and tails. Prepare 1 quart of red currant juice, the same as for red currant jelly; put it into a preserving-pan with the sugar, and keep stirring until the latter is dissolved. Keep it boiling for about five minutes; skim well; then put in the gooseberries, and let them boil from one-half to three-quarters of an hour; then turn the whole into an earthen pan and let it remain for two days. Boil the jam up again until it looks clear; put it into pots, and when cold cover with oiled paper, and over the jars put tissue paper, brushed over on both sides with the white of an egg, and store away in a dry place. Care must be taken in making this to keep the jam well stirred and well skimmed, to prevent it burning at the bottom of the pan, and to have it very clear.

### *Plum Tomato Preserves.*

Take yellow plum tomatoes, scald until the skins come off easily. Take three-quarters pound sugar to 1 pound fruit. Cook until tender, flavor as above with lemons and add one-third as many raisins as tomatoes, ten minutes before taking off the stove. Very nice without raisins. Seal up hot.

### *Peach Preserves.*

Pare and halve the peaches, removing the pits, or take the pits out and leave the peach as whole as possible. Allow for each pound of fruit 1 pound of white sugar. Dissolve the sugar in just enough cold water to saturate it, using one-half cupful to the pound. Stir well; let boil ten minutes and skim. Blanch 5 peach pits or kernels for each pound of the fruit, put in the syrup, and let remain. They are very ornamental to the preserves, besides giving a delicate flavor. Put in the peaches and cook

until clear; about twenty minutes will answer. Remove from the kettle and set away in a cool place, cover closely, let stand two or three days, then turn the syrup off and boil until it thickens slightly; turn it boiling over the peaches. Put up in jars as directed for preserves at beginning of this chapter, or, if desired, they may be canned and sealed up. In canning, pack the peaches in the jar and pour the syrup over them.

### *Green Tomato Preserves.*

Take small green tomatoes; put them in a clarified syrup made of white sugar, equal in weight to the tomatoes, and cold water more than enough to cover the quantity of fruit. Slice in 1 lemon to every 2 pounds of tomatoes. Boil them gently three hours, afterward put up in jars, tying securely.

### *Preserved Pears.*

Take 6 pounds pears, 4 pounds sugar, 2 cups water, juice of 2 lemons, rind of one, a handful of whole ginger, and boil for twenty minutes. Add pears and boil till soft. Lift them out and boil syrup again. Put back fruit and boil again. Can while hot. Color with cochineal if desired.

### *Pineapple.*

Pare the pineapple, take out the eyes, then pick the pineapple into pieces with a silver fork. To every pound of the picked pineapple allow three-quarters of a pound of sugar. Put the pineapple into a porcelain-lined kettle, add the sugar, and cook over a very moderate fire ten minutes. Can as directed. Or, the pineapple may be grated.

### *Orange Preserves.*

Take any number of oranges with rather more than their weight in white sugar. Slightly grate the oranges and score them round and round with a knife, but not cut very deep. Put them in cold water for three days, changing the water several times each day. Tie them up in a cloth and boil them until soft enough for the head of a pin to penetrate the skin easily, and remove from the cloth. While they are boiling, place the sugar over the fire, with 1 cupful of water to each pound of sugar. Let boil two or three minutes and strain through muslin. Put the oranges into the syrup and boil gently until it jellies, and is of a yellow color. Try the syrup by putting some to cool. It must not be

too stiff. If the syrup does not cover the oranges turn them so that every part may be thoroughly done.

### *Crab-Apple Preserves.*

Core the crab apples with a sharp penknife through the blossom end, leaving the stems on. Take 1 pound of white sugar for each pound of prepared fruit, and 1 cupful of water to the pound. Put over a moderate fire, let dissolve and boil; skim and drop the apples in. Let them boil gently until clear, and the skins begin to break. Skim out; boil the syrup until thick; put the fruit in jars, and pour the syrup over. Slices of lemon boiled with the fruit may be considered an improvement; 1 lemon is enough for several pounds of fruit.

### *Blackberry Preserves.*

To every pound of blackberries allow a quarter pound of sugar. Put the berries in a porcelain-lined kettle, cover them with the sugar, and let stand one or two hours, then add a quarter teaspoonful of powdered alum to each quart of fruit. Stand over a moderate fire, and bring to boiling point. Skim, and can as directed.

### *To Preserve Watermelon Rind and Citron.*

Pare the citron and watermelon rind and cut them into slices about an inch and a half thick, then into strips the same thickness, leaving them the full length of the fruit; take out all the seeds with a small knife, then weigh, and to each pound of citron put a pound of white sugar, make a syrup; to ten pounds put a pint of water, and simmer gently for twenty minutes; then put in the citron and boil for one hour, or until tender; before taking off the fire put in two lemons, sliced thin, seeds taken out, and two ounces of root ginger; do not let them boil long after the lemon and ginger are put in; do not stir them while boiling. The above is very fine if carefully attended to. Green limes may be preserved in same way.

A nice improvement is to add one pound of raisins just before the fruit is taken from the stove.

### *To Color Citron Pink.*

Put into a cupful of the syrup a little cochineal powdered, stir well, then pour into the fruit while boiling.

### *Cucumber Preserves.*

Gather young cucumbers, about four inches long. Lay in strong brine one week. Wash. Soak twenty-four hours in clear water, changing this four times. Line a bell metal kettle with grapevine leaves. Lay in the cucumbers with a little alum scattered among them. Cover with vine leaves. Fill the kettle with clear water. Cover closely. Let them simmer. As soon as they are well greened take out the cucumbers and drop in ice water. When perfectly cold, wipe, and with a small knife slit down one side. Dig out the seeds. Stuff with a mixture of chopped raisins and citron. Sew up the slit with a fine thread and weigh them. Make a syrup, allowing 1 pound of sugar to 1 pound of cucumber, and 1 pint of water. Heat to boiling point. Skim. Drop in the fruit. Simmer half an hour. Take out. Spread on a dish in the sun and boil down the syrup with a few slices of ginger root added. When thick, put in the cucumbers again. Simmer five minutes and put in glass jars, tying up when cool.

### *Strawberry Preserves.*

Put 2 pounds of sugar in a bright tin pan over a kettle of boiling water; and pour into it half a pint of boiling water; when the sugar is dissolved and hot put in fruit, and then place the pan directly on the stove or range; let boil ten minutes or longer if the fruit is not clear, gently (or the berries will be broken) take up with a small strainer, and keep hot while the syrup is boiled down until thick and rich; drain off the thin syrup from the cans, and pour the rich syrup over the berries to fill, and screw down the tops immediately. The thin syrup poured off may be brought to boiling, and, then bottled and sealed, be used for sauces and drinks, or made into jelly.

### *Prune Preserves.*

Pour boiling water on the prunes and set them where they will keep warm, together with a lemon cut in pieces. When swelled to their original size, put to each pound of the prunes one-half pound of brown sugar and 1 stick of cinnamon. If there is not enough water remaining to cover the prunes, add more, and stew in this syrup one-fourth of an hour. Squeeze in the juice of half a lemon to every 3 pounds of prunes. Do this just before removing from the fire. Pit the prunes.



### *Calves' Feet Jelly.*

It is a simple affair. Procure a couple of feet and put them on the fire in 3 quarts of water; let boil for five hours, during which keep skimming. Pass the liquor through a hair sieve; and let it firm, after which remove all the oil and fat. Take a teacupful of water, 2 wineglassfuls of sherry, the juice of half a dozen lemons and the rind of one, the whites and shells of 5 eggs, half a pound of sugar, and whisk the whole, then add the jelly, place on the fire in an enameled stewpan, and keep actively stirring till the composition comes to the boil; pass it twice through a jelly-bag, and then place in the moulds.

### *Currant Preserves.*

Make same as raspberry preserves, using pound for pound of sugar and boiling a little longer. Preserved currants mixed with water are an excellent drink in fevers.

### *To Preserve Berries Whole*

Select the fruit medium ripe, pick over carefully, wash if necessary and put in glass jars filling each one full. Put your boiler on with sufficient cold water to nearly cover your cans; put in straw sufficient to keep the cans from breaking by falling against each other. Place your cans in the boiler at once when the water is cold, and let it come slowly to a boil until the fruit becomes scalding hot. Take them out and seal. If this process is followed thoroughly, the fruit will keep for years.

### *Orange Marmalade.*

Allow pound for pound. Pare half the oranges and cut the rind into shreds. Boil in three waters until tender, and set aside. Grate the rind of the remaining oranges; take off and throw away every bit of the thick, white inner skin; quarter all the oranges and take out the seeds. Chop, or cut them into small pieces; drain all the juice that will come away without pressing them over the sugar; heat this, stirring until the sugar is dissolved, adding a very little water, unless the oranges are very juicy. Boil and skim five or six minutes; put in the boiled shreds and cook ten minutes; then the chopped fruit and grated peel, and boil twenty minutes longer. When cold, put into small jars, tie up with bladder or with paper next the fruit, cloths dipped in wax over all. A nicer way still is to put away in tumblers with self-adjusting metal tops.

### *Preserved Pumpkins.*

To each pint of pumpkin allow 1 pint of granulated sugar, juice of 1 lemon.

Select a good sweet pumpkin; take out seeds, pare off rind and cut it into slices. Weigh, put the slices in deep dish, with the sugar sprinkled between them; pour lemon juice over, and let remain for two or three days, adding half a cup of water to every pint of sugar, and boil until the pumpkin becomes tender; then turn into a pan, let it remain a week; then drain off the syrup, boil until thick; skim, and pour over the pumpkin while boiling hot. A little ginger, and lemon rind, thinly pared, may be boiled in the syrup to flavor the pumpkin. This is a delicious preserve—rich and wholesome.

### *Raspberry Jam.*

Three-fourths pound of sugar to a pound of berries. Rinse the fruit and put in the preserving kettle, stir constantly until part of the juice is evaporated, then add the sugar and simmer to a fine jam. This will be found better than putting the sugar in first; the seeds are not as hard in this case. A very good addition will be found in adding 1 pint of currant juice to every 4 pounds of raspberries.

### *Blackberry Jam.*

Make same as raspberry jam. Very healthful, especially for children. Brown sugar may be used.

### *Strawberry Jam.*

Make same as raspberry jam, omitting the currant juice.

### *Currant Jam. (White or Red.)*

Make same as raspberry jam. Use pulverized sugar, pound for pound for white currants. Weigh currants after they are picked from the stem. Seal hot, if preferred. Stir and mash frequently.

### *Grape Jam.*

Pulp the grapes, scald the pulps until they can be rubbed through a sieve to remove the seeds; return the skins and boil with three-fourths pound of sugar to a pound of fruit.

### *Sweet Potato Preserves.*

Make syrup as for peaches. Parboil the potatoes, first cutting in round slices, and boil in the syrup until clear.

### *Rhubarb Jam.*

Cut the rhubarb in pieces one inch long, take sugar pound for pound. Mix together, and let stand all night. In the morning pour off the syrup and boil until it begins to thicken.

### *Orange Jam.*

Take sweet oranges. Peel and put the pulp through a sieve. Put a pound of white sugar to each pound of pulp and juice. Boil twenty minutes together, and seal up.

### *Preserved Lemon Peel.*

Peel lemon carefully and cut peel into little strips. Take a little more sugar than lemons (the lemons being previously weighed). Over the sugar squeeze the lemon juice, and let stand while you boil lemon peel till tender, changing water. Bring sugar and water to a boil, and then add lemon peel, and boil half an hour.

### *Brandy Peaches.*

Take large white or yellow freestone peaches. (They must not be too ripe.) Scald them with boiling water; cover, and let stand until the water becomes cold. Repeat this scalding, then take them out, lay them on a soft cloth, cover them over with another cloth, and let them remain until perfectly dry. Now put them in stone jars, and cover with brandy. Tie paper over the tops of the jars, and let them remain in this way one week. Then make a syrup, allowing 1 pound of granulated sugar and a half pint of water to each pound of peaches. Boil and skim the syrup, then put in the peaches and simmer until tender, then take the peaches out, drain, and put them in glass jars. Stand the syrup aside to cool. When cold, mix equal quantities of this syrup and the brandy in which you had the peaches. Pour this over the peaches, and seal.

### *Crab-Apples.*

To each pound of fruit allow half a pound of sugar, and a pint of water to 3 pounds of sugar. When the syrup is boiling hot, drop in the apples. When done, fill a jar with the fruit and seal.

*Pineapples.*

Pare the fruit, and be sure you take out all the eyes and discolored parts. Cut in slices, and cut the slices in small bits, taking out the core. Weigh the fruit, and put in a pan with half as many pounds of sugar as of fruit. Let it stand over night. In the morning put it over the fire and let it boil rapidly for a minute only, as cooking long discolors it. Put it in the jars, and make each jar about half fruit and half syrup. Too much syrup is better than not enough, as pineapples are very strong.

*Black Currant Jam.*

Pick the currants carefully, and take equal quantities of fruit and sugar. Pounded loaf sugar is best. Dissolve it over or mix it with the currants. Put in a very little water or red currant juice, boil, and skim for twenty-five minutes. Try a little in a saucer and when cool if it seems to be thick enough, take off and seal.

*Grape Butter.*

Take sweet apples and grapes, half and half. Cook the apples tender, and rub through a colander. Prepare the grapes as above, using 1 pound of sugar to 2 pounds of the mixed fruit. The skins may be boiled in a bag and taken out as above, or they may be stirred into the butter. The above is the better way. Leave plain or spiced according to first recipe.

*Orange Butter.*

Take the juice of 6 oranges and yolks of 8 hard-boiled eggs. Rub together in a mortar with 5 tablespoonfuls of pulverized sugar and 1 tablespoonful of orange water. When reduced to a paste stir over a slow fire for twenty minutes until thickened. Dip a mould in cold water and pour in the mixture. When cold turn out and serve with fancy cakes.

*Pumpkin Butter.*

Three pints of mashed pumpkin, 1 pound of sugar, 4 tablespoonfuls of butter, flavor with ginger root, nutmeg, and lemon peel. Either bake or steam the pumpkin. Rub thoroughly through a sieve, mix with the



sugar, butter, flavor, and let simmer on the back of the stove one hour. It becomes thick and can be kept in jars in a dark place. Use the same as fruit jelly or marmalade.

### *Quince Marmalade.*

Pare, core and slice the quinces, stew the skins and the perfect cores in water enough to cover them. When tender, strain through a cloth. Add the quinces and sugar in the proportion of three-quarters pound to 1 pound of fruit, to this liquid. Boil, stirring and mashing the fruit with a wooden spoon as it softens. The juice of 2 oranges to every 3 pounds of fruit imparts an agreeable flavor. When cool, put in small jars.

### *Grape Marmalade.*

Boil the skins of the grapes in water enough to cover them. Strain through a coarse cloth. To 3 quarts of juice add 3 quarts of sour apples, stewed; the juice and pulp of 4 lemons, 1 ounce of stick cinnamon, broken in bits and tied up in cloth, and 7 pounds of sugar. Let all get hot together, and add the sugar afterward. Stir until it dissolves. Boil one-half hour; take out the spice bag when the flavor suits. Put up in bowls and cover with paper, like jelly, after it is cold. Will keep years. One and one-half peck of sour apples and 25 pounds of grapes will make the two kinds of marmalade given above. They should be made at the same time, using the grape pulps for one and the juice for the other.

### *Lemon Marmalade.*

Slice the lemons thin, removing the seeds; add 3 pints of cold water to each pound of fruit, after cutting. Let it stand twenty-four hours, then boil until tender; pour into an earthen bowl until the following day. Weigh it and to every pound of boiled fruit add one and one-half pounds of lump sugar; boil the whole together until the syrup jellies and the chips are rather transparent.

### *Peach Marmalade.*

Pare, stone and weigh the fruit. Boil one-half the peach kernels in a cupful of water or enough to cover them well. Quarter the peaches and add to the water, after straining it; heat slowly, stirring often with a wooden spoon. Then boil for three-quarters of an hour. Add three-quarters pound of sugar to each pound of fruit; boil for five minutes,

skim and put in the juice of 1 lemon to every 3 pounds of fruit. Boil a few minutes, stewing to a smooth paste. When nearly cold put in glass jars.

### *Apple Marmalade.*

Take any kind of sour apples, pare and core them; cut in small pieces, and to every pound of apples put three-quarters pound of sugar. Boil over a slow fire until reduced to a fine pulp. Put in jelly jars and keep in a cool place.

### *Pineapple Marmalade.*

Grated pineapple and powdered sugar, pound for pound. Boil until thick, then pack in tumblers, and when cold, paste over with papers dipped in the beaten white of eggs. Keep in a cool place.

## JELLIES.

Large glass tumblers are the best for keeping jellies, much better than large vessels, for by being opened frequently they soon spoil; a paper should be cut to fit, and placed over the jelly; then put on the lid or cover, with thick paper rubbed over on the inside with the white of an egg.

There cannot be too much care taken in selecting fruit for jellies, for if the fruit is over ripe, any amount of time in boiling will never make it jelly,—there is where so many fail in making good jelly; and another important matter is overlooked—that of carefully skimming off the juice after it begins to boil and a scum rises from the bottom to the top; the juice should not be stirred, but the scum carefully taken off; if allowed to boil under, the jelly will not be clear.

When either preserves or canned fruits show any indications of fermentation, they should be immediately reboiled with more sugar, to save them. It is much better to be generous with the sugar at first, than to have any losses afterward. Keep all preserves in a cool, dry closet.

### *To Clarify Jelly.*

The white of eggs is, perhaps, the best substance that can be employed in clarifying jelly, as well as some other fluids for the reason

that when albumen (and the white of eggs is nearly pure albumen) is put into a liquid that is muddy, from substances suspended in it, on boiling the liquid the albumen coagulates in a flocculent manner, and entangling with the impurities, rises with them to the surface as a scum, or sinks to the bottom, according to their weight.

Melted paraffine poured on top of jellies, jams, etc., also on the top of canned fruit when the covers are discolored, will be all the covering necessary, excepting a cloth or paper to exclude dust. One can use the paraffine many times.

Jelly, to turn out nicely, should have the mould dipped in hot water for a second.

### *Currant Jelly. (Uncooked.)*

Strain and squeeze the juice in the usual way, but do not scald the fruit. Put the juice in a stone jar, stir a few minutes, then add granulated sugar in the proportion of pound for pound, with the juice, stirring constantly until the sugar is completely dissolved; dip out or strain into tumblers. Let stand until it stiffens, and cover with egg paper. A very nice way.

### *White Currant Jelly.*

Make as above, only straining the fruit to prevent discoloration of the juice. Strain through a white cloth and proceed same as for uncooked jelly. Seal up with egg paper. In several weeks the jelly will harden perfectly, and be very clear.

### *Raspberry Jelly.*

The red raspberries are best for jelly, and should be rather under than over ripe. Put the berries into a stone jar, stand it in a kettle of cold water, cover the top of the jar, and boil slowly for one hour, or until the berries are quite soft. Now put a small quantity at a time into your jelly-bag, and squeeze out all the juice. Measure the juice, and to each pint allow one pound of granulated sugar. Turn the juice into a porcelain-lined kettle, and stand over a brisk fire. Put the sugar into earthen dishes and put them into the oven to heat. Boil the juice rapidly and continuously for twenty minutes, then turn in the sugar, hastily stirring all the while until the sugar is dissolved. Dip your tumblers quickly into hot water, watch the liquid carefully, and as soon

as it comes again to a boil, take it from the fire and fill the tumblers.

If the fruit is over-ripe, your jelly will never be firm, no matter how long you boil it.

### *Crab-Apple Jelly.*

Wash the fruit clean, put in a kettle, cover with water, and boil until thoroughly cooked. Then pour it into a sieve and let it drain. Do not press it through. For each pint of this liquor allow 1 pound of sugar. Boil from twenty minutes to half an hour. The apples must be juicy and not over ripe.

### *Florida Orange Jelly.*

Take 1 box of gelatine, 1 pound of sugar, 4 large oranges, 1 pint of boiling water, 1 pint of cold water. Cover the gelatine with the cold water, and let soak one hour; then add the boiling water, sugar and orange juice, and stir until the sugar is dissolved; strain, and stand in a cold place to harden.

### *Quince Jelly.*

Wipe the fruit, quarter, core, but do not pare. Select those medium ripe, they should be a fine yellow; put them in a preserving kettle with a teacupful of water for each pint; stew gently until soft; do not mash; put in a muslin bag, press very lightly; to each pint of the juice put a pound of sugar; stir until dissolved, then boil gently until it jellies; turn it into pots or tumblers, and when cold, cover and put in dark closet.

### *Grape Jelly.*

Mash well the berries. For this, use Concord, Isabella or Delaware grapes, freshly picked; pour all into a preserving kettle, and cook slowly for a few minutes to extract the juice; strain through a colander, and then through a flannel jelly bag, keeping as hot as possible, for if kept hot the jelly is much stiffer and nicer; a few quince seeds boiled with the berries the first time tend to stiffen it; measure the juice, to each pint allow a pound of granulated sugar, and boil fast for at least half an hour; when done, put into glass jars.

### *Cranberry Jelly.*

Wash and pick over the fruit, and boil till soft in water enough to cover it. Strain through a sieve, and weigh equal quantities of the pulp



and sugar. Boil gently fifteen or twenty minutes, taking care it does not burn.

### *Blackberry Jelly.*

Make same as currant jelly, using only three-quarters pound of sugar to 1 pound of juice. This is a very nice jelly, and is preferred by many to the jam. The addition of a small proportion of currants improves the flavor.

### *Raspberry Jelly.*

Make same as blackberry jelly. Add a few currants if liked.

### *Cherry Jelly.*

For cherry jelly, use the pie or Morello cherry, and proceed the same as for blackberry jelly.

### *Four-Fruit Jelly.*

Take raspberries, strawberries, currants and cherries. All should be fully ripe; stone the cherries. Throw all together in a jar and set in a kettle of cold water; let this boil until the fruit is scalded. Strain through a jelly bag, pressing as little as possible, and proceed as for currant jelly. Cool a little bit, stirring; if it congeals readily, pour in glasses. Tie down with egg paper. The flavor of this jelly is much finer than that made of currants or raspberries alone.

### *Peach Jelly.*

Pare, stone and slice the peaches, put them into a stone jar, and to each half peck of peaches, allow one cup of water. Stand the jar in a kettle of boiling water, cover closely, and boil for one hour, stirring until the fruit is well broken, then turn into a flannel jelly-bag, and drain. To every pint of juice use one pint of granulated sugar and the juice of one lemon.

### *Tomato Jelly.*

Peel the tomatoes and squeeze through a cloth; weigh, and add pound for pound of white sugar. Boil to a jelly and seal up. Keep in a cool, dry place. Flavor with lemon juice if wished. This is an excellent article.

### *Pie-Plant Jelly.*

Cut stalks of pie plant up in small pieces with the skin on, throwing out all the green upper ends near the leaf. Stew down well with a little water at first to prevent burning. Strain through a muslin cloth, add white sugar pound for pound, with the juice. Boil fifteen or twenty minutes. Pour in tumblers. This is a delicious and ornamental jelly.

### *Plum Jelly.*

Take perfectly sound plums, remove the stems, wash, and make an incision in each one. Put in a jar, cover, set the jar in a kettle of boiling water and let boil three or four hours until all the juice is extracted from the fruit. Strain and boil with an equal weight of granulated sugar until it jellies, stirring constantly. Put in glasses, sealing as usual. If the plums are not squeezed in straining the juice (and the jelly will be clearer if they are not), the pulp may be made into a very nice marmalade by adding three-quarters of a pound of sugar to 1 pound of the pulp, and cooking until thick.

### *Wild Plum Jelly.*

Wash the fruit and boil in water enough to cover until the plums are a pulp. Strain, weigh the juice, add three-quarters of a pound of sugar to a pound of juice, and make as other jelly. Do not squeeze the pulp, simply strain and make marmalade of the remainder.

### *Orange Syrup.*

Pare two dozen oranges and six lemons, cut them crosswise, squeeze, and strain the juice. To 1 pint of juice allow one pound and three-quarters of sugar. Put the juice and sugar together, boil and skim; then strain through a flannel bag, and let stand until it becomes cool, then put in glasses and seal tight.

### *Lemon Jelly (With Gelatine.)*

One package of Cox's gelatine soaked in enough cold water to cover it. Then add the juice of 3 lemons and 2 cupfuls of white sugar. Pour over this 1 scant quart of boiling water, stir until dissolved, and strain into jelly moulds (see pyramid jellies), or use 1 large mould with a tube in the center. Wet it in cold water before using. Before serving, set the mould in hot water a moment, and the jelly will turn out easily.

Whip to a froth one-half pint of cream, sweeten with 2 tablespoonfuls of powdered sugar. Fill the hollow left by the tube with this, heaping in the center, and pile the remainder around the base, or if the mould is solid, heap around the base. Lemon jelly is delicious without the whipped cream. If the cream is used, serve some to each, using ornamental sauce dishes.

### *Pyramid Jellies.*

Mould variously colored jellies, the more the better, in wineglasses pointed in shape. Warm a little of each enough to run, fill the glasses and cool. Turn out on an ornamental plate, arrange prettily and heap whipped cream about the base. Serve one pyramid to each person in a sauce dish with a portion of cream. Lemon and orange jellies may be moulded and served in the same way. A dainty dish for a company tea. Takes the place of fruits.

### *Apple Jelly.*

Apples, water; to every pint of syrup allow three-quarters of a pound of loaf sugar. Pare and cut the apples into pieces, remove the cores, and put them in a preserving pan with sufficient cold water to cover them. Let them boil for an hour; then drain the syrup from them through a hair sieve or jelly bag, and measure the juice; to every pint allow three-quarters of a pound of loaf sugar and boil these together for three-quarters of an hour, removing every particle of scum as it rises and keeping the jelly well stirred, that it may not burn. A little lemon rind may be boiled with the apples, and a small quantity of strained lemon juice may be put in the jelly just before it is done, when the flavor is liked. This jelly may be ornamented with preserved green-gages, or any other preserved fruit, and will turn out very prettily for dessert. It should be stored away in small pots and kept in a cold dark place.

### *Prunes (A French Marmalade.)*

This recipe is particularly valuable in seasons when fruit is scarce. Take 6 fine, large cooking apples, peel, plunge in cold water, then put them over a slow fire together with the juice of two lemons, and half a pound of sugar. When well stewed, split and stone two and a half pounds of prunes [and put them to stew with the apples, and enough water to prevent their burning. When all appears well dissolved, beat

it through a strainer bowl and lastly through a sieve. Mould, if you like, or put away in small glass jars, to cut in thin slices for the ornamentation of pastry, or to be eaten with cream.

### *Wine Jelly.*

One box of gelatine, 1 pint of sherry, one-half pint of cold water, 1 pint of boiling water. Cover the gelatine with the cold water, and let it soak one hour, then add the boiling water and sugar, and stir until the sugar is dissolved; add the wine, strain through a flannel, turn into forms, and stand away to harden.

### *Port Jelly.*

Make same as wine jelly, using 1 pint of port wine. This makes a very dark jelly.

### *Brandy Jelly.*

Make the same as wine jelly, using a half pint of wine, and a half pint of brandy, instead of the 1 pint of wine.





## BREAD.



Bread is well termed the staff of life.

It is said that a slave of an archon at Athens first made leaven bread by accident. He forgot some of his dough, and, some days after, came upon it and found it sour. His first thoughts were to throw it away; but his master coming out, mixed it quickly with some fresh dough he was working. Of course the bread thus produced was delicious.

There is no one thing on which the health and comfort of a family so much depends, as the quality of its home made loaves.

Good bread makes the homeliest meal acceptable, and the coarsest fare appetizing, while the most luxurious table is not even tolerable without it. Light, crisp rolls for breakfast, spongy, sweet bread for dinner, and flaky biscuit for supper, cover a multitude of culinary sins.

Please note under the head of cereals the chemical composition of wheat, and you will see at once that our fine white bread contains but little starch. We cannot say that such bread is the "staff of life," but the brown (not bran), whole wheat bread constitutes, in itself, a complete life sustainer; consequently, bread-making is the most important of the cookery of grain food.

Good flour and pure yeast are an absolute necessity in making good bread.

Flour should never be stored in a room with sour liquids, nor with fish, onions, or kerosene. It readily absorbs odors that are perceptible to the sense. A damp cellar should be avoided, as it is peculiarly sensitive to atmospheric influences. Keep in a dry, airy room, and in neither a freezing nor roasting temperature.

No rule can be given by which an inexperienced person can determine the grade of flour with accuracy, but a few hints will enable any one to know what not to buy. Good flour adheres to the hand, and, when pressed, shows the imprint of the lines of the skin. Its tint is cream white. Never buy that which has a blue-white tinge. Poor flour is not adhesive, may be blown about easily, and sometimes has a dingy look, as though mixed with ashes.

There are various ways of making bread—with milk, water, potatoes, etc.; but the two points, sweetness and lightness, remain always the chief consideration. If milk is used, it should be scalded and cooled; this prevents its souring. Next comes the mixing or sponging of the bread. This is not a mere mixture, but an actual chemical combination; but as we cannot use water enough to alone effect this, it must be supplemented by kneading, and thus comes our most important point. The excellence of bread depends much upon the thoroughness of its kneading. First work the dough in the pan until it loses part of its stickiness; then thickly flour the board, flour the hands, take out the dough, and knead rapidly and continuously by drawing the dough farthest from you over to the center, and pressing it down with the ball of the hand. Repeat this several times, then turn the dough around and knead the other side, and so on, until every part is thoroughly and evenly kneaded. This will take about fifteen or twenty minutes. When you first begin, the dough will be soft and sticky, but will become less so the longer you knead, and when you can knead it on an unfloured, dry board, the kneading may be discontinued.

Kneading renders the gluten so elastic that the dough is capable of expanding to twice its bulk without breaking or cracking. After this, you set it away to rise. Give it time to fully expand, but be careful that the dough does not fall, as it is then sour, and nothing can be added to restore the original sweetness. Soda is sometimes used, but does not accomplish the object. This falling or souring is caused by the yeast consuming or eating up every atom of flour. If a handful of flour be added to the dough, and the dough then pressed down, it might stand, then, perhaps another hour, or until this flour is consumed, without souring.

Next comes the moulding. After this dough is very light, divide it carefully into loaves; knead lightly on the board until formed; place each one in its own pan (the best pans are made from sheet iron, eight inches long, four wide, and four deep), and stand back in a warm place until double its bulk.

Now comes the baking, which is equally important. There are several ways of testing the oven without a thermometer. One is the baker's method; he throws flour on the floor of the oven; if it browns quickly, without taking fire, the heat is sufficient, or if you can hold your hand in the oven while you count twenty slowly, it is right; or, if you use a thermometer,  $360^{\circ}$ . The bread should be in the oven ten minutes before it begins to brown.

If the oven be too hot, a thick crust is produced, forming a non-conducting covering to the loaf, which prevents the heat from penetrating to the interior; hence, the burnt loaf is always unbaked in the center. Bake in single pans, three-quarters of an hour. When done, remove it immediately from the pan, and tip against a plate or bread board, so that the air will circulate freely around it. Do not cover, if you like a crisp, sweet crust. When perfectly cold, put it into a sweet, clean, tin bread box, without any wrapping, as the cloth absorbs the moisture, and very soon sours and molds, destroying the flavor of the bread.

In the first moulding of bread all the flour should be put in, and the most kneading given.

Water used in making bread should not be too hot. If the temperature be too high the loaf will be coarse, porous, light.

One cup of yeast means wet yeast. If dry is used the cup must be filled with water.

Brush the tops of the loaves with butter before putting in the oven. This will keep the crust moist.

Raised biscuit should be rubbed with butter before putting in the tin, that they may separate smoothly when baked, and leave no jagged edges.

In times past it was the custom to use home-made yeast, but now compressed yeast can be procured at your grocery store and is just as good if not better than the home-made yeast.

### *Home-made Yeast No. 1.*

Pare 4 good-sized potatoes, and let them lie in cold water for a half hour. Put 1 quart of boiling water in a saucepan. Now grate the potatoes quickly and stir them into the boiling water; stir over the fire for five minutes, then take from the fire, add a cupful of sugar, and 2 tablespoonfuls of salt, turn into a stone jar or bowl, and let stand until lukewarm; then add 1 cupful of good yeast, cover and ferment three or four hours; stir it down every time it comes to the top of the vessel; then put it into a jar or large bottle, or something you can cover tightly, and stand it in a place where it will keep very cold, but not freeze. It will keep two weeks. Save 1 cupful of this yeast to start with next time. This is the simplest and best yeast that can be made.

### *Home-made Yeast No. 2.*

Pare and boil 4 good-sized potatoes; when done, mash them fine. Put a half cupful of dried hops into 1 quart of water, and boil fifteen minutes. Put 1 pint of flour into a bowl, strain over it the boiling hop water, add the mashed potatoes, and beat until smooth; then add a half cup of sugar, and 2 heaping tablespoonfuls of salt, and finish the same as yeast No. 1.

### *Hop Yeast.*

Tie two ounces of hops in a thin bag, and boil them in three quarts of water; moisten with cold water a sufficient quantity of flour, and stir in the hop yeast while boiling hot; add a tablespoonful of salt; let it stand until it is lukewarm, and then add a pint of old yeast; when it is light, cover it, and stand it in a cool place for use.



### *Steamed Brown Bread.*

One quart each of milk and Indian meal, one pint rye meal, one cup of molasses, two tablespoonfuls of soda. Add a little salt and steam four hours.

### *Wheat Bread.*

Take a good sized bread pan, sift into it your flour, if the weather is cold and the flour is cold, let it stand a little while near the stove then make a hole in the center and stir in first the wetting, either warm water, or warm milk and lastly put in the yeast, stirring it well and beating thoroughly.

Take care that the yeast is good and "lively," for, without this, failure is certain. To make three loaves of bread, warm and lightly grease the baking pans, sift 3 quarts or more of flour into the bread pan, press down the middle, and into it put 2 small tablespoons of fine salt; pour in slowly 1 quart of milk-warm water, constantly stirring with one hand in the flour, until a thin batter is formed; add a pint or more of potato yeast or 1 teacup of hop yeast. (If compressed yeast is used, a yeast cake, dissolved in warm water, or a piece of compressed yeast as large as a walnut, dissolved in the same manner, is sufficient). Mix thoroughly, adding more and more flour, until a stiff dough is formed; place on the bread board, knead vigorously for twenty minutes or more, flouring the board frequently to prevent the dough from sticking to it, divide into loaves of a size to suit pans, mould into a comely shape, place in pans, rub over the top a light coating of sweet, drawn butter, set in a warm, not too hot place to rise, cover lightly to keep off dust and air, watch and occasionally turn the pans around when necessary to make the loaves rise evenly.

### *Bread with Potato Sponge.*

Peel and boil 4 medium sized potatoes in 1 quart of water. When done, mash and pour both potatoes and water boiling hot over about 1 pint of flour, stirring well. Do this at dinner time. When cool add enough more water to make the wished for amount of batter, 1 cupful of yeast for 4 loaves of bread, 1 tablespoonful of salt, 1 of sugar, and flour sufficient to make a moderately stiff batter. Keep in a warm place, and in the evening add flour enough to knead. Do this thoroughly, cover well, keep warm and in the morning knead down and let it rise

again. After breakfast, if sufficiently light, make into loaves, moulding thoroughly, and let it rise, covering warmly until sufficiently light. Bake in a hot oven at a uniform temperature from three-fourths to one hour. Brushing the loaves over with a little melted butter tends to soften the crust.

Some cooks prefer to use for scalding bread the water only in which the potatoes have been boiled, as making bread less moist and solid. Or boiling water may be used.

### *Hop Yeast Bread.*

One teacup yeast, 3 pints warm water; make a thin sponge at tea time, cover and let it remain two hours, or until very light. By adding the water to the flour first and having the sponge quite warm, it is never necessary to put the sponge over hot water or in an oven to make it rise. Knead into a loaf before going to bed; in the morning, mould into three loaves. When light, bake one hour, having oven quite hot when the bread is put in, and very moderate when it is done.

By this recipe bread is baked before the stove is cold from breakfast, and out of the way for other baking.

### *Bread with Corn Meal Sponge.*

Spread 8 quarts of flour in the bread pan so as to leave a large cavity in the center. Make 2 quarts of sifted white corn meal into mush by boiling it in either water or milk. When cool enough to add the yeast without scalding, turn into the flour, put in 1 cupful of yeast, 1 teaspoonful of salt, and enough warm milk or water to make a suitable batter, mixing with it a portion of the flour. Cover the whole closely and let it stand over night. Stir stiff in the morning with the remainder of flour in the pan, knead and make into loaves. Let it rise near the fire and bake well. This is an excellent article of light, sweet, nutritious bread that will keep moist longer than any other, and make the flour "hold out" wonderfully.

### *Salt Rising Bread.*

Take a pitcher, and pour into it a pint of boiling water; add a little milk, a pinch of salt, and a little sugar. Into this stir a sufficient amount of corn meal to make it the thickness of batter cakes. This being done, put it to rise in a warm place, and let it stand about 15

hours. The better way is to set the pitcher in a kettle of warm water on top of a brick on the stove, or in a heater where it will keep an even temperature. Early the next morning take your breadpan and sift into it a sufficient quantity of flour to make as many loaves as desired. Be sure that the flour is warm so that it will not chill the yeast. After making a hole in the center of your flour, stir in as much warm water as desired to make the required number of loaves. Then add the pitcher of yeast made the day before. Beat thoroughly until it is full of bubbles, then cover with a little flour; over the pan throw a napkin and let it stand in a warm place until it rises, which will probably be about an hour. Sometimes it rises in much less time, especially if kept well warmed. When sufficiently light, knead into loaves, cover and place to rise again. Bake in a moderate and even oven.

This is our grandmother's method of making bread, and cannot be improved upon to-day, but it requires time and a considerable amount of watching to make a success of it. A piece of the dough can be set aside for another baking or a cup of the yeast is equally as good. Many prefer milk instead of water to make the wetting. Either are good.

### *Excellent Light Bread—Never Fails.*

Put 1 pint of sweet milk over to scald. When boiling hot, add same quantity boiling water. Take off stove, add big teaspoonful salt, tablespoonful sugar, small piece butter, add one and one-half cups cerealine (procured at any grocery store). Let cool until you can bear your finger in it; add 1 cup yeast, or 1 cake compressed yeast (dissolved in warm water). Add flour to make thin sponge, and stir well. Finish same as potato yeast light bread. If you want graham bread, take one-half the sponge, and add one-half cup New Orleans molasses and graham flour to make dough as stiff as can be stirred with iron spoon. Pour into greased pans and let rise to top of pans. Bake a little longer than white bread.

### *Milk Rising Bread.*

One quart of milk, 1 cup of yeast or a compressed cake, 4 quarts of flour, 1 spoonful of salt, 1 teaspoonful of butter. Scald the milk and turn it into the breadpan, add the butter and salt. When cool, add the yeast and sufficient flour to make a thick batter. Beat thoroughly until the batter is full of air bubbles. Cover and let stand in a warm place

until morning. Early next morning add enough flour to make a dough. Take it out on a baking-board and knead quickly until the dough is smooth and elastic. Put it back in the breadpan, cover, and stand in a warm place, and let rise until very light. When light, turn out on the board, divide it into loaves, mould lightly, put into greased pans and stand away again until light. Bake in a moderately quick oven for three-quarters of an hour.

### *Virginia Brown Bread.*

Take one pint of corn meal and thoroughly scald by pouring boiling water over it, when cold add one pint of light bread sponge, mix well, add one cup of molasses and Graham flour enough to mould.

### *Graham Bread, No. 1.*

Take a little over a quart of warm water, one-half cup brown sugar or molasses, one-fourth cup hop yeast, and one and one-half teaspoons salt; thicken the water with graham flour to a thin batter; add sugar, salt and yeast, and stir in more flour until quite stiff. In the morning add a small teaspoon soda, and flour enough to make the batter stiff as can be stirred with a spoon; put it into pans and let rise again; then bake in even oven, not too hot at first; keep warm while rising; smooth over the loaves with a spoon or knife dipped in water.

### *Graham Bread, No. 2.*

To one and a half pints of tepid water add 1 heaping teaspoon of salt and one-half cup of sugar; stir in one-half pint or more of the sponge made of white flour, as in recipe for "Bread with Potato Yeast;" add graham flour until almost too stiff to stir; put in the baking pan and let rise well, which will take about two hours, bake in a moderate oven, and when done, wrap in a wet towel until cool.

### *Graham Bread, No. 3.*

Make a sponge at night as directed in recipe for milk or water bread. In the morning add 2 large tablespoonfuls of molasses and sufficient graham flour to make a soft dough. Work well with the hand, mould into loaves, put into well greased pans, let it rise again, and bake in a moderate oven (300° Fahr.) for one hour.

Graham bread must be watched more carefully than white bread, as it sours quickly.



### *Quick Graham Bread.*

One and a half pints sour milk, half cup New Orleans molasses, a little salt, 2 teaspoons soda dissolved in a little hot water, and as much Graham flour as can be stirred in with a spoon; pour in well-greased pan, put in oven as soon as mixed, and bake two hours.

### *Bread with Mush.*

Pour 2 quarts hot corn meal mush, made as for eating, over 2 quarts flour (wheat or Graham); when cool, add 1 quart sponge, 1 coffee cup molasses, 1 teaspoon salt, half teaspoon soda; mix well together; add more flour if needed, and knead thoroughly; mould into small loaves; let rise, and bake in small dripping pans (a loaf in a pan), or pie tins, in a moderate oven; when done, rub over with butter, place on the side, wrap in a cloth, and when done put in a jar or box. This recipe makes three good-sized loaves, and keeps moist longer than all Graham bread.

### *Boston Brown Bread.*

One heaping coffee cup each of corn, rye and Graham meal. The rye meal should be as fine as the Graham, or rye flour may be used. Sift the three kinds together as closely as possible, and beat together thoroughly with 2 cups New Orleans or Porto Rico molasses, 2 cups sweet milk, 1 cup sour milk, 1 dessert spoon soda, 1 teaspoon salt; pour into a tin form, place in a kettle of cold water, put on and boil four hours. Put on to cook as soon as mixed. It may appear to be too thin, but it is not, as this recipe has never known to fail. Serve warm, with baked beans or Thanksgiving turkey. The bread should not quite fill the form (or tin pail with cover will answer), as it must have room to swell. See that the water does not boil up to the top of the form; also take care it does not boil entirely away or stop boiling. To serve it, remove the lid and set it a few minutes in the open oven to dry the top, and it will then turn out in perfect shape. This bread can be used as a pudding, and served with sauce made of thick sour cream, well sweetened and seasoned with nutmeg; or it is good toasted the next day.

### *Boston Brown Bread, No. 2.*

Two cups of Yankee rye meal, 1 cup of molasses, 1 teaspoonful of salt, 2 cups of Indian meal, 1 teaspoonful of soda or saleratus, one and a half pints of sour milk. Mix the rye and the Indian meal well together.

Dissolve the soda or saleratus in 2 tablespoonfuls of boiling water, then add it to the sour milk; add the molasses, mix, and pour it on the meal, add the salt and mix thoroughly. Pour into a well-greased two-quart brown bread mould, put the lid on and steam five hours; then remove the lid, put in the oven, and bake thirty minutes.

### *Brown Bread (Plain.)*

Two and one-half cups of sour milk, and one-half cup molasses; into these put 1 heaping teaspoon soda, 2 cups corn meal, one cup Graham flour and one teaspoon salt. Use coffee cups. Steam three hours, and afterward brown in oven.

### *Boston Brown Bread.*

Two cups rye flour, one cup of corn meal, one cup of wheat flour, two-thirds of a cup of molasses, a teaspoonful of salt, stir with buttermilk to a proper consistency. It should be quite thick, and stirred with a spoon, placed in greased pans and baked at once in a quick oven.

### *Steamed Brown Bread.*

One cup of flour, one of Graham flour, one of Indian meal, one teaspoonful of soda, two-thirds cup of molasses, one and a half cups of buttermilk or sour milk, a little salt, beat well and steam three hours and bake half an hour. The same receipt can be made with sweet milk and baking powder instead of soda.

### *Southern Corn Bread.*

Take 3 cups of corn meal, the white is preferable, 1 cup of flour, 1 tablespoonful of sugar, 1 tablespoonful of butter, 1 teaspoonful of salt, 3 eggs, 2 cups of milk and 2 heaping teaspoonfuls of baking powder. Thoroughly sift together the flour and corn meal and stir in the sugar and salt, rub in the butter, beat the eggs thoroughly then add them and the milk, lastly put in the baking powder and mix with a spoon to a stiff batter; pour into well greased pans and bake quickly. This is a nice receipt and the quicker it is put together the lighter and nicer it will be.

### *Rye Bread.*

Make a sponge from wheat flour as directed in recipe for milk bread. in the morning add sufficient rye flour to make a soft dough. Knead lightly; then cut the dough in two loaves, mould, place in greased

bread pans, cover, and stand in a warm place to rise again. When light, bake in a moderate oven for one hour.

Rye bread must not be as stiff as white bread, and does not require so much kneading.

### *Corn Bread.*

Scald 1 quart of Indian meal with 1 quart of boiling water. When cool, add 1 pint of Graham flour, 1 pint of wheat flour, half cupful of yeast, half cupful of molasses, 1 teaspoonful of salt, 1 tablespoonful of shortening. If yeast cakes are used one will answer. Dissolve and fill the cup half full with warm water. Make it as thick as can be stirred with a spoon. Bake in a milk pan or deep dish, letting it rise first.

### *Steamed Corn Bread.*

One quart of Indian meal, 1 pint of wheat flour, 1 cupful of sugar, 1 teaspoonful of soda, 1 quart of sweet milk, 1 pint of sour milk, 1 teaspoonful of salt. Mix, and steam four hours steadily. Serve hot. This may be baked also.

### *Virginia Corn Bread.*

Sift 3 quarts of corn meal, add a teaspoonful of salt, 1 teaspoonful baking powder, and mix sufficient water with it to make a thin batter. Cover it with a bread-cloth and set it to rise. When ready to bake stir it well, pour it into a baking-pan, and bake slowly. Use cold water in summer and hot water in winter.

### *Corn Cake.*

Two and a half pints of corn meal, 3 eggs well beaten, 1 tablespoonful of melted butter, 2 tablespoonfuls of sugar, 1 quart of sweet milk. Mix thoroughly and add 1 pint of wheat flour in with 1 large teaspoonful of soda and 2 of cream of tartar with which a little salt has been mixed. Stir the beaten eggs into the milk, then the other ingredients. Beat well three minutes and bake quickly in shallow pans.

### *Corn Dodgers.*

One pint of Indian meal, three-quarters of a pint of wheat flour, 2 ounces of butter, 6 eggs, 1½ ounces of baking powder, 1 quart of sweet milk and a little salt. Bake in patty pans in a quick oven.

## BISCUITS AND ROLLS.

### *General Suggestions.*

There are various ways of making bread, biscuit and rolls. It can be done with milk, water, potatoes, etc. There are always three points to be considered; sweetness, lightness and healthfulness. If milk is used, it should be scalded and cooled, as this prevents its souring. Water can always be used in raised doughs in place of milk if desired.

In making rolls, be sure that the dough is always thoroughly light before baking. In kneading, use as little flour as possible. Bread is always nicer by kneading thoroughly. The longer it is kneaded, as our mothers tell us, the better, as this takes out the bubbles and makes the pores fine, and the bread cuts smooth and tender.

In making gems, rolls, biscuit, etc., where baking powder is called for and sweet milk, one can always substitute in its place sour milk by using soda. If one has not baking powder and desires to use sweet milk instead, they can substitute in place of baking powder, soda and cream of tartar in the proportion of one level teaspoon of soda to two of cream of tartar.

If one has on hand stale rolls or those which have been baked the day before, they can be made fresh and good as ever by sprinkling with water, or dipping quickly in water and placing on a tin and again baked in a hot oven a few moments, or thoroughly heated through so as to make them crisp.

### *Cream Biscuit.*

One quart of flour, 1 cup of sour cream, 1 cup of sour milk, 3 teaspoonfuls of cream of tartar, 2 teaspoonfuls of soda and a little salt. If one does not have cream, they can use milk; and for shortening, take butter instead.

### *Baking Powder Biscuit.*

For each teacupful of flour, use a teaspoonful of baking powder. Take a quart of flour and sift into it the baking powder, and butter the size of a hen's egg; after rubbing butter and flour together, mix soft with cold water or milk, stirring with a spoon, roll lightly and bake at once.



### *Raised Biscuit.*

One quart of milk or water, three-quarters cupful lard and butter mixed, three-quarters cupful yeast, 2 tablespoonfuls white sugar. Make into a thin sponge with wheat flour. The shortening should be melted. In the morning mix into a soft dough with sufficient flour, and let rise until almost noon. Mix down. Make into balls. Set closely in a buttered pan, buttering between each biscuit that they may separate easily. Let rise half an hour and bake twenty minutes.

If wished for breakfast, omit the sponge and mix into a dough the night before. In the morning knead down, make into biscuit and let rise half an hour before baking.

If desired for tea the sponge may be set early in the morning and allowed to rise until noon, then mix into a dough. Let rise until an hour before tea. Make into biscuit, and let stand thirty minutes; bake twenty minutes. If for company they will be lighter and finer grained if mixed down once or twice during the afternoon. Wash over with milk or melted butter.

### *Parker House Rolls.*

Dissolve 1 rounded tablespoon of butter in a pint of hot milk; when lukewarm stir in 1 quart of flour, and 1 beaten egg, a little salt, and a teacup of yeast; work into dough until smooth. If winter, set in a warm place; if summer, a cool one to rise. In the morning work softly and roll out one-half inch and cut into rolls and set to rise for thirty minutes, when they will be ready to bake. These are delicious.

### *French Rolls.*

One pint of milk, scalded; put into it while hot half a cup of sugar and one tablespoon of butter. When the milk is cool, add a little salt and half a cup of yeast, or one compressed yeast cake; stir in flour to make a stiff sponge, and when light, mix as for bread. Let it rise until light, punch it down with the hand, and let it rise again—repeat two or three times, then turn the dough on to the moulding-board and pound with the rolling pin until thin enough to cut. Cut out with a tumbler, brush the surface of each one with melted butter, and fold over. Let the rolls rise on the tins; bake, and while warm brush over the surface with melted butter to make the crust tender.

*Tea Biscuit.*

One pint of milk, 1 teaspoonful of salt, 2 ounces of butter or lard, 2 eggs, 1 teaspoonful of sugar, 3 or more pints of flour, half cup of yeast or quarter of a compressed cake. Scald the milk, add to it the butter or lard, and stand one side to cool. When cool, add the salt, sugar and yeast; mix, and add one-half the flour; beat continuously for five minutes, cover and stand in a warm place (72° Fahr.) for four hours. When light, add the eggs well beaten, and sufficient flour to make a soft dough. Knead lightly and continuously for fifteen minutes or until elastic; cover again and stand in a warm place until double its bulk, or very light, then roll out in a sheet about a half-inch thick, cut into biscuits with a cutter, place in greased baking pans, cover, let stand a half hour and bake in a quick oven (400° Fahr.) for fifteen minutes.

*Potato Biscuit No. 1.*

One pint of milk, 6 medium-sized potatoes, 1 teaspoonful of salt, 1 teaspoonful of sugar, one-quarter pound of butter or lard, 1 cup of yeast or half a compressed cake, sufficient flour. Scald the milk. Pare and boil the potatoes, then mash fine; add to them the hot milk, butter or lard, salt and sugar; beat until smooth; add a half cup of flour, stir and let stand until lukewarm; then add the yeast and sufficient flour to make a thick batter, beat continuously for five minutes; cover and stand in a warm place (72° Fahr.) for three hours, or until very light. Then add flour to make a soft dough, knead quickly and lightly for fifteen minutes, then roll out in a sheet a half inch thick, cut into biscuits, place in greased baking pans and cover, stand in a warm place until very light, then bake in a quick oven for twenty minutes. These, if carefully made, are delicious.

*Potato Biscuit.*

One large potato, one-fourth yeast cake or a half cup of yeast, 1 tablespoon of salt, 1 pint of milk, 2 ounces of butter, flour enough to make a dough. Pare the potato, and put it on to boil in boiling water. Put a half-cup of flour into a bowl, and scald it with a half-pint of the water in which the potato was boiled; stir and beat rapidly; now add the potato, mashed, and the salt; beat all thoroughly and let stand until lukewarm, then add the yeast, or yeast cake dissolved in a half-cup of lukewarm water, beat well, cover and stand in a warm place about

(72° Fahr.) until light. This will take about four hours. When this is light, scald the milk, add to it the butter; and when lukewarm, sufficient flour to make a batter which will drop from the spoon. Now add the light mixture to this, mix well, cover and put back in the warm place to rise (about two hours). When light, add sufficient flour to make a dough, and knead as you would bread for about fifteen minutes. Make into little biscuits, place them in a greased pan so that they will not touch each other, cover and stand in a warm place for one hour. Bake in a quick oven twenty minutes. If you want these for tea, begin them about ten o'clock in the morning.

### *French Rolls.*

Take three cups of sweet milk, 1 cup of butter, one-half cup of yeast, or half a cake of compressed yeast, and a teaspoonful of salt. Add flour enough to make a stiff dough. Let rise over night; in the morning, add 2 well beaten eggs; knead thoroughly; and let rise again. Make into rolls. Place close together on well buttered pans. Cover and let rise again, then bake in a quick oven to a delicate brown. To keep the rolls from sticking together, have ready a little cloth saturated with butter, and wipe the side of each one before adding the extra one.

### *Breakfast Rolls.*

Mix the dough in the evening, according to directions for yeast bread, add a tablespoon of butter, and set where it will be a little warm until morning; cut off pieces, and carefully shape them into rolls of the desired size by rolling them between the hands, but do not knead them; dip the sides of each into drawn butter when they are shaped, and place them in the baking pan (the butter prevents their sticking together when baked, and they will be smooth and perfect when separated). Rub them over the top with drawn butter, and dust a little fine salt over the top; set in a warm place, and they will quickly rise, ready for baking. These are delicious.

### *Coffee Rolls.*

Work into a quart of bread dough a rounded tablespoon of butter, and a half teacup of white sugar; add some dried currants (well washed and dried in the oven), sift some flour and sugar over them, work into

the other ingredients, make into small rolls, dip into melted butter, place in tins, let rise a short time, and bake.

### *Winter Rolls.*

Put three quarts of flour into a large crock or jar, scald 1 quart of buttermilk, add 1 cup of lard, and pour over the flour, beating it up well; then add 1 quart of cold water, stir and add one-half cup of potato yeast, or 1 cup of brewer's; beat in well and set in a warm place to rise over night. In the morning add salt and flour enough to make a moderately stiff dough. Set in a warm place to rise, and when risen, knead down and set to rise again. This time knead down and place in a large stone crock or bowl, covered tightly with a tin pan to prevent the surface from drying, and set away in a cool place. When needed, turn out on a bread-board, cut off a piece as large as you wish to use, roll out to the thickness of ordinary soda biscuit, cut and put in the oven to bake immediately. Set away the rest of the dough as before, and it will keep a week in winter, and is very convenient for hot breakfast rolls.

### *Beaten Biscuit.*

To one quart of flour add one tablespoon of lard or butter, and one-half teaspoon of fine salt. Mix these well together, using sweet milk, or cold water, and mix until it is as stiff a dough as can be handled, then beat and beat until the dough pops and blisters and becomes soft and pliable.

Roll out half an inch thick, cut and prick with a fork, and bake in a moderately hot oven to a nice delicate brown. To be eaten at once.

### *English Muffins.*

One pint of milk, 1 ounce of butter, one-half cup of yeast or quarter of a compressed cake, 3 cups of flour. Scald the milk, add the butter, and stand it to one side until lukewarm; then add the yeast, a teaspoonful of salt, and the flour, and beat continuously for five minutes; cover with a towel and stand in a warm place to rise about two hours. When light, add sufficient flour to make a soft dough; work lightly with the hand, divide into small balls, place each ball in a greased muffin ring, or deep gem pan, cover and let rise again. Then bake on a hot griddle, if in muffin rings, or in a hot oven if in gem pans, until a nice



brown. When done, break or pull them open; do not cut them, as a cold knife makes them heavy.

### *Crumpets.*

One pint of milk, 1 teaspoonful of salt, about 3 cups of flour, 4 ounces of butter, 1 cup of yeast, or half a compressed cake. Scald the milk, let it stand until lukewarm; then add the salt and flour; beat vigorously; then add the butter, melted, and the yeast; beat again; cover and stand in a warm place until very light. Grease the muffin rings and place them on a hot griddle. Fill each ring half full of the batter; bake until brown on one side, then turn and brown on the other. Take from the fire and stand one side, until wanted. When ready to use, toast them on both sides, being careful not to burn. Butter them nicely, and serve quickly on a hot plate.

### *Rusks.*

One pint of warm milk, half cup of yeast. Mix in sufficient flour to make a thick sponge; when light work in 1 cup sugar, 2 heaping tablespoonfuls butter, 4 eggs well beaten, half teaspoonful salt. Add flour sufficient to mould. Let rise a short time. Make into small balls, arrange closely in a buttered tin, brush over with sweetened milk and bake. The sponge may be set over night and baked before noon. Some prefer rusk, with fewer eggs, in which case this rule will be found very nice with the use of 2 eggs only. If too sweet, half cupful sugar may be substituted.

### *Rusks No. 2.*

To every pound of flour add two ounces of butter, one-quarter pint of milk, two ounces of loaf sugar, three eggs, one tablespoonful of yeast. Put the milk and butter into a saucepan, and keep shaking it round until the latter is melted. Put the flour into the basin with the sugar, mix these well together, and beat the eggs. Stir them with the yeast to the milk and butter, and with this liquid work the flour into a smooth dough. Cover a cloth over the basin, and leave the dough to rise by the side of the fire; then knead it, and divide it into twelve pieces; place them in a brisk oven, and bake for about twenty minutes. Take the rusks out, break them in half, and then set them in the oven to get crisp on the other side. When cold, they should be put into tin canisters to keep them dry; and, if intended for the cheese course, the

sifted sugar should be omitted, or they can be rolled into round balls; then rub the tops with sweetened water, and sprinkle dry sugar over them. Bake immediately.

### *Cinnamon Cake.*

When yeast bread is ready to knead from the sponge, knead and roll out three-fourths of an inch thick, put thin slices of butter on the top, sprinkle with cinnamon, and then with sugar; let rise well and bake.

### *Buns.*

Break 1 egg into a cup and fill with sweet milk; mix with it half cup yeast, half cup butter, 1 cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let rise till very light, then mould into biscuit with a few currants. Let rise a second time in pan; bake, and when nearly done, glaze with a little molasses and milk. Use the same cup, no matter about the size, for each measure.

### *Bread Puffs.*

If the wheat bread is light enough for the oven at breakfast time, have ready some hot lard in a deep kettle; with the thumb and two fingers pull up some of the dough quite thin, and cut it some two or three inches in length; as these pieces are cut, drop them in the lard and fry like doughnuts. At table they are eaten like biscuit; they may also be served in a vegetable dish with a dressing of hot cream, seasoned with pepper and salt.

### *Sally Lunn.*

This cake was formerly used on Southern tables only, but is now a favorite in all sections. Is easily made and inexpensive.

Warm one-half cup of butter in a pint of milk, add a teaspoonful of salt, same of sugar and one-half pint of flour. Beat thoroughly, then add three well beaten eggs. Lastly, add half a cup of home made yeast. Beat thoroughly again, set to rise over night. In the morning dissolve half a teaspoonful of soda in a little warm water and stir in the batter; then turn into well buttered tins, let rise again twenty minutes and bake in a quick oven. The cakes should be torn apart, not cut. Dust the top while warm with pulverized sugar. Delicious for breakfast.

### *Sally Lunn. (Unfermented.)*

One cup of sugar, half cup of butter; stir well together, and then add one or two eggs; put in one good pint of sweet milk, and with sufficient flour to make a batter about as stiff as cake; put in three teaspoons of baking powder; bake and eat hot with butter; for tea or breakfast.

The quicker these can be made the better, quick work in beating and stirring adds to its lightness.

## QUICK MUFFINS, WAFFLES, GRIDDLE CAKES, ETC.

### *Quick Muffins.*

One pint of milk, 1 ounce of butter, 1 teaspoonful of salt, 3 cups of flour, 2 heaping teaspoonfuls of baking powder or a half teaspoonful of soda and 1 of cream of tartar, 3 eggs. Beat the eggs separately until light; add the yolks to the milk, then the flour, which must be more or less, according to the quality. The batter must be thin and pour from the spoon. Now add the melted butter, and salt; give the whole a vigorous beating. Now add the baking powder, and the well-beaten whites; stir until thoroughly mixed. Bake in muffin rings in a quick oven, or on the griddle.

### *Gems.*

Make precisely the same as quick muffins, pour into greased gem pans, and bake in a quick oven for about twenty-five minutes.

### *Corn Gems.*

Two cups of yellow corn meal, 1 cup of flour, 2 ounces of butter, 3 eggs, 1 cup of cold milk, 2 teaspoonfuls of baking powder, or a half teaspoonful of soda and a teaspoonful of cream of tartar, 1 cup of boiling milk. Put the meal into a bowl, put the butter into the center and pour over it the boiling milk; stir, then add the cold milk, the eggs well beaten, salt, and flour. Beat well, add the baking powder and mix thoroughly. Pour into greased gem pans, and bake in a hot oven thirty minutes.

### *Graham Gems with Dates.*

One pint of milk, 1 teaspoonful of salt, half cup of chopped dates, 1 tablespoonful of melted butter, 3 cups of Graham meal, 1 cup of boiled

rice, 3 eggs, 2 tablespoonfuls of baking powder. Beat the yolks of the eggs and add them to the milk, then the rice, salt, meal and butter; give the whole a vigorous beating. Now add the dates, the baking powder, and the whites of the eggs beaten to a stiff froth; mix carefully. Bake in gem pans, in a quick oven, thirty minutes.

A Graham gem can be made precisely the same as the preceding recipe, omitting the rice and dates.

### *Sweet Milk Gems.*

Beat 1 egg well, add a pint new milk, a little salt, and Graham flour until it will drop off the spoon nicely; heat and butter the gem pans before dropping in the dough; bake in a hot oven twenty minutes.

### *Corn Meal Muffins (Without Eggs.)*

Two cups of Indian meal, 2 cups of rye flour, half a cup of yeast. Let it rise over night; in the morning add 1 teaspoonful of soda, half a cup of molasses, a little salt, and bake.

### *Hominy Muffins.*

One pint of milk, 1 tablespoonful of butter, 2 eggs, 1 cup cold boiled hominy, 3 cups of flour, one-half cup of yeast, or half a compressed cake, 1 tablespoon sugar, 1 teaspoonful of salt. Scald the milk, add to it the butter and let stand until milkwarm; then add the yeast, or half cake dissolved in a quarter-cup of warm water, and salt and flour, and beat well. Cover and stand in a warm place until morning. In the morning, beat the eggs separately; add first the yolks and then the whites; beat well, let stand fifteen minutes, and bake in greased muffin rings. This mixture may also be baked in regular gem pans.

### *Plain Muffins.*

For this use the same recipe as hominy muffins, only leave out the cup of hominy. If desired, fruit can be used such as dates, figs, etc., or, if preferred, perfectly plain, the sugar can also be left out.

### *Buns.*

Break one egg into a cup and fill with sweet milk; mix with it half cup yeast, half cup butter, one cup sugar, enough flour to make a soft dough; flavor with nutmeg. Let it rise till very light, then mould into biscuits with a few currants. Let rise a second time in pan; bake, and when nearly done glaze with a little molasses and milk.



### *Graham Gems.*

Three cupsful of graham flour, one half cup sugar, two of fresh, cold buttermilk, a little salt and a half teaspoonful of soda. Stir briskly and have your gem pan hot and well greased. Pour in quickly the batter, place it in a hot oven and bake quickly. This is the simplest gem recipe known and is frequently made even without soda. If desired, one can use water instead of buttermilk.

### *Graham Gems No. 2.*

Three cupsful of graham flour, two teaspoonsful of baking powder, one of salt and one well-beaten egg. Mix with sweet milk. Bake quickly in gem tins in hot oven.

### *Waffles.*

Take 1 quart of flour, a teaspoon of salt, a tablespoon of melted butter, and milk enough to make a thick batter. Mix thoroughly. Add 2 well-beaten eggs, and 1 measure each of acid and soda (or 2 heaping teaspoons acid and 1 moderately heaping teaspoon soda) of Horsford's Bread Preparation; stir well, and bake at once in waffle irons.

### *Quick Waffles.*

Two pints sweet milk, 1 cup butter (melted), sifted flour to make a soft batter; add the well-beaten yolks of 6 eggs, then the beaten whites, and lastly (just before baking) 4 teaspoons baking powder, beating very hard and fast for a few minutes. These are very good with 4 or 5 eggs, but much better with more.

### *Raised Waffles.*

One quart flour, 1 pint sweet lukewarm milk, 2 eggs, a tablespoon melted butter, teaspoon salt, half teacup good yeast.

### *Rice Waffles.*

Boil half a pint of rice and let it get cold, mix with it one-fourth pound butter and a little salt. Sift in it one and a half pints flour, beat 5 eggs separately, stir the yolks together with 1 quart milk, add whites beaten to a stiff froth, beat hard, and bake at once in waffle irons.

### *Raised Potato Cake.*

Potato cakes, to be served with roast lamb or with game, are made of equal quantities of mashed potatoes and of flour, say 1 quart of each,

2 tablespoonfuls of butter, a little salt, and milk enough to make a batter as for griddle cakes; to this allow half a teacupful of fresh yeast; let it rise till it is light and bubbles of air form; then dissolve half a teaspoonful of soda in spoonful of warm water, and add to the batter; bake in muffin tins. These are good also with fricasseed chicken; take them from the tins and drop in the gravy just before sending to the table.

### *Breakfast Cake.*

Two tablespoons sugar, 2 of butter, 2 eggs, 1 cup milk, 1 (scanty) quart flour, 1 teaspoon soda, 2 of cream tartar; bake twenty minutes in a quick oven.

### *Alma's Pop-overs.*

Two teacups sweet milk, 2 teacups sifted flour, heaped a little, butter size of a walnut, 2 eggs, 1 tablespoon sugar, and a little salt; bake in hot gem pans, filled half full, for twenty minutes, and serve immediately.

### *Griddle Cakes.*

One quart of buttermilk, 1 teaspoonful of salt, 1 level tablespoonful of soda, 1 cupful of Indian meal, 5 cupfuls of wheat flour. Cakes made in this way may be tender, light and excellent. The buttermilk makes them light and puffy. Beat well.

Buckwheat, graham, and entire wheat flour made in the same way. Five cups of either to 1 cup of Indian meal.

### *Berry Tea Cakes.*

One pint of flour, 3 tablespoons of butter, 2 tablespoons of sugar, 1 egg, 1 cup sweet milk, 1 teaspoon cream tartar, half teaspoon soda; stir in a cup of fruit. To be eaten with butter.

### *Stale Bread Griddle Cakes.*

Soak 1 pint bread crumbs in warm water, when soft drain off the water and add 1 pint sour milk with a teaspoonful soda, half teaspoonful salt, a tablespoonful butter, a beaten egg, and thicken with flour to make a batter.

### *Corn Meal Griddle Cakes.*

One pint corn meal, 1 of sour milk or buttermilk, 1 egg, 1 teaspoonful soda, 1 of salt. Bake quickly on a hot griddle.

### *Green Corn Griddle Cakes.*

Six ears grated corn, 2 eggs, 1 pint milk, 1 pint flour, 1 tablespoonful butter, a little salt. Bake on a griddle.

### *Graham Griddle Cakes.*

One pint Graham flour, half pint corn meal, half pint flour, 1 heaping teaspoonful sugar, half teaspoonful salt, one egg, 1 pint buttermilk, 1 teaspoonful soda.

### *Berry Griddle Cakes.*

Take of huckleberries, blackberries or raspberries, a half pint, one and one-half pints flour, 1 teaspoonful salt, 1 tablespoonful brown sugar, 2 teaspoonfuls baking powder, 2 eggs, and 1 pint milk. Sift together flour, sugar, salt and powder; add beaten eggs, milk and berries; mix into a batter; have the griddle hot enough to form a crust as soon as the batter touches it. In order to confine the juice of the berries turn quickly in order to form a crust on the other side; turn once more on each side to complete the baking.

### *French Pancakes.*

Two eggs, 2 ounces of butter, 2 ounces of sifted sugar, 2 ounces of flour, half pint of new milk. Beat the eggs thoroughly, and put them into a basin with the butter, which should be beaten to a cream; stir in the sugar and flour, and when these ingredients are well mixed, add the milk; keep stirring and beating the mixture for a few minutes; put it on buttered plates, and bake in a quick oven for twenty minutes. Serve with a cut lemon and sifted sugar, or pile the pancakes high on a dish, with a layer of preserves or marmalade between each.

### *Rice Griddle Cakes.*

One cup of boiled rice, 2 eggs, about two and a half cups of flour, 1 pint of milk, one-half cup of yeast, or half a compressed cake, 1 large teaspoonful of salt. Scald the milk, stand to one side until cold; then add the yeast, salt, flour and rice; beat continuously for three minutes, cover, and stand in a warm place until morning. In the morning, beat the eggs separately until light; add first the yolks, then the whites; mix thoroughly; let stand fifteen minutes and bake on a hot griddle.

The griddle should always be placed on the back part of the range over night, to heat gradually.

### *Johnny Cake.*

One pint of buttermilk, 1 pint of Indian meal, 1 teaspoonful of salt, 3 eggs, 2 tablespoonfuls of melted butter, 1 teaspoonful of saleratus or soda. Beat the eggs all together until light, add them to the buttermilk, then add the Indian meal; beat well. Dissolve the saleratus or soda in 2 tablespoonfuls of boiling water, add this, the butter, and salt to the batter, mix thoroughly, and pour into a greased, shallow baking pan. Bake in a moderately quick oven for a half hour.

### *Quick Flannel Cakes.*

One quart of flour, 2 ounces of butter, 1 teaspoonful of salt, 2 teaspoonfuls of baking powder, 3 eggs, one and one-half pints of milk. Rub the butter into the flour, with the hands until smooth, then add the salt, beat the yolks of the eggs, add them to the milk; add this to the flour, and beat vigorously until smooth; add the whites of the eggs and the baking powder, and bake quickly on a hot griddle. Very nice.

### *Buttermilk Cakes.*

One quart of buttermilk, 1 teaspoonful of salt, flour to make a thin batter, 1 egg, 1 teaspoonful of soda or saleratus. Beat the egg, add to it the buttermilk; add the salt, and mix well. Dissolve the soda or saleratus in two tablespoonfuls of boiling water, then stir it into the buttermilk. Now add gradually the flour, stirring all the while, until you have a batter that will pour smoothly from a spoon. Give a good beating and bake quickly on a hot griddle, well greased.

### *Rye Drop Cakes.*

One egg, two cups rye flour, two cups flour, half a cup sugar, a teaspoonful salt, two teaspoonfuls cream of tartar, one teaspoonful soda—or three teaspoonfuls baking powder,—a tablespoonful melted butter, and one of lard, one and a half cups milk; drop from a spoon and bake half an hour.

### *Raised Graham Griddle Cakes.*

Two cupfuls graham flour, 1 cupful wheat flour, 3 tablespoonfuls yeast, warm water or milk to make a thin batter. Set in a warm place



over night. Reserve 1 cup of this mixture for yeast for next time. Into the remainder stir one-half teaspoonful of soda dissolved in warm water. One or two thoroughly beaten eggs may also be added to great advantage. Bake on a griddle for breakfast.

### *Corn Cakes.*

One pint sour milk, two cups Indian meal, one cup flour, one egg, two tablespoonfuls molasses, one tablespoonful salt, one tablespoonful soda; mix thoroughly and bake twenty-five minutes in shallow pans.

### *Potato Griddle Cakes.*

Take one dozen large potatoes, 3 heaping teaspoonfuls of flour, 1 teaspoonful of baking powder, one-half teaspoonful of salt, 2 eggs, 2 teacupfuls of boiling milk. Wash the potatoes, peel and grate; pour on them the boiling milk, stir in eggs, salt and flour, sifted with the baking powder; bake on hot griddle, allowing plenty of lard or butter.

### *Graham Mush.*

Sift meal slowly into boiling salted water, stirring briskly until it is as thick as can be stirred with one hand, serve with milk, or cream and sugar, or butter and syrup. It is much improved by removing from the kettle to a pan as soon as thoroughly mixed, and steaming for three or four hours. It may also be eaten cold, or sliced and fried like corn mush.

### *Flannel Cakes. (With Yeast.)*

Heat a pint of sweet milk, and into it put 2 heaping tablespoonfuls of butter, let it melt, then add a pint of cold milk and the well-beaten yolks of 4 eggs—placing the whites in a cool place; also, a teaspoonful of salt, 4 tablespoonfuls of home-made yeast, and sufficient flour to make a stiff batter; set it in a warm place to rise; let it stand three hours or over night; before baking, add the beaten whites; bake like any other griddle cakes. Be sure to make the batter stiff enough, for flour must

### *Graham Breakfast Cakes.*

Two cups of Graham flour, one cup of wheat flour, two eggs well-beaten; mix with sweet milk, to make a very thin batter; bake in gem-irons, have the irons hot, then set them on the upper grate in the oven, will bake in fifteen minutes.

### *Buckwheat Cakes.*

First, be sure that you get perfectly pure buckwheat, free from grit. The adulterations with rye injure the quality. Put 1 quart of cold water into a stone jar with a small neck, add to it 1 teaspoonful of salt and three and three-quarter cups of buckwheat flour; beat well until perfectly smooth; then add a half cup of yeast or half a compressed cake, and mix well; cover the top of the jar with a saucer or plate; let stand in a moderately warm place until morning. In the morning, dissolve a half teaspoonful of saleratus or soda in 2 tablespoonfuls of boiling water, add this to the batter, beat thoroughly, and bake on a hot griddle.

By saving over a cupful of the batter each time, it will be equally as nice as fresh yeast. This can be continued each day for at least three weeks before making fresh sponge.

### *Buckwheat Cakes.*

One quart buckwheat flour, half cup yeast, 1 tablespoonful salt, 1 cup corn meal or wheat flour, 2 quarts warm water. Beat well with a large spoon. Let it rise over night. After using one or two mornings add 1 teaspoonful saleratus. A pint of this batter will do to start the next lot. Add 2 tablespoonfuls molasses, that the cakes may color well.

Some cooks consider that half buckwheat flour, one-quarter Graham flour, and one-quarter Indian meal make the best and most healthy griddle cakes.

### *Fritters.*

Never stick a fork into anything frying in hot lard, as doing so allows it to absorb the fat. Take out with a skimmer or split spoon.

### *Apple Fritters.*

Beat two eggs until quite light, and to these add 1 cup of milk, a little salt, enough flour to thicken to about the consistency of cake dough, and 1 teaspoon of baking powder. Slice apples thin, or chop them and stir the apples in this mixture. Fry in hot lard and dust with powdered sugar after removing them from lard. If apples are omitted, the mixture makes an elegant plain fritter.

### *Green Corn Fritters.*

Two cups of grated corn, 2 eggs, 1 cup of milk, flour for thin batter, a pinch of soda, salt, 1 tablespoonful melted butter. Mix and fry as you would griddle cakes.

### *Rice Fritters.*

Boil 1 cup of rice in 1 pint of milk until soft; add the yolks of 3 eggs, 1 tablespoonful sugar, 2 tablespoonfuls butter, 2 tablespoonfuls flour; when cold add the whites of the eggs whipped to a stiff froth; drop in spoonfuls in plenty of hot lard and fry to a light brown color. Serve with cream, wine or lemon sauce.

### *Currant Fritters.*

One quart milk, boiling hot, 2 cups fine bread crumbs, 3 eggs, 1 teaspoonful nutmeg, 1 tablespoonful butter, melted, 1 saltspoonful salt, and the same of soda, dissolved in hot water. Soak the bread in the boiling milk ten minutes, in a covered bowl. Beat to a smooth paste; add the whipped yolks, the butter, salt, soda, and finally the whites, whipped stiff; lastly of all, add one-half cup of dried currants.

### *Banana Fritters.*

One cup of flour, 2 eggs beaten separately, 1 tablespoonful butter, 1 cup milk or water. Add the whites of the eggs last of all, whipped to a stiff froth. Slice the bananas (three will answer) around (sprinkling with a little lemon will improve the flavor). Stir into the batter and fry by spoonfuls in hot lard, having a slice of the banana in each fritter. Sift powdered sugar over them and serve. The daintiest possible dessert.

A simpler way is to cut the bananas in two across and steep them in a syrup of sugar and water. After an hour, drain, roll in flour and fry in hot lard. Boil the sugar and water into a syrup and serve with them as sauce. Peel first.

### *Peach Fritters.*

Make a batter the same as for the first apple fritters, taking half the rule. One teaspoonful butter will make more tender. Peel and cut the peaches in halves, stir them in the batter and fry in boiling fat until a

delicate brown. Place half in each fritter, drain in a sieve and dust with powdered sugar. Cream may be added if desired.

### *Pineapple Fritters.*

These may be made in the exact manner used for banana fritters, taking the rule first given. Omit the lemon. The pineapple will be improved by sprinkling the slices with sugar over night. Serve for dessert.

### *Parsnip Fritters.*

Scrape and boil tender 2 large parsnips. Rub through a colander or mash carefully. Beat in 1 egg, 1 tablespoonful milk, 1 heaping teaspoonful of flour, three-fourths teaspoonful of salt, one-fourth teaspoonful of pepper. Mix and make into small, flat cakes, flour slightly and fry on a griddle in plenty of butter or nice dripping. Turn to brown both sides.





## SOUPS.



Soup, nourishing but simple, should form the first course at every dinner.

To make nutritious, healthful and palatable soup, is an art which requires study and practice, but it is surprising from what a scant allotment of material a delicate and appetizing dish may be produced.

An important point in making good soup is to have a porcelain or granite iron kettle. The juices of the meat are acid and will act upon a metallic kettle, thus giving the soup an unpleasant taste. A close cover keeps in the steam and prevents evaporation—therefore should always be used.

The most important point in making *good* soup is to have the best of materials. To make soup nutritious we must change the meat into a liquid form; to do this, we must first soften the fibrin, so as to draw out the juices and blood. Do not boil but simmer, as the albumen on the surface of the meat immediately coagulates. Salt should never be added until the soup is done, as it hardens the water. Soft water is the best. When the water begins to heat a small portion of albumen coagulates, forming a fibrous net, entangling any substance that may be floating in it. Consequently, watch, and skim to have it clear. This should always be done before vegetables are put in.

A good rule is to allow a quart or a little less of water to a pound of meat, this makes a rich soup; boil slowly, and when done, strain through a colander. If a clear soup is desired it should be strained through a hair sieve on a clean towel. All bones, pieces of beef, remnants of fowl, such as chicken and turkey, add a rich flavor to many kinds of soup. Oftentimes, bits of meat, and the odds and ends of fowls alone make a nice soup, but by adding some fresh meat, a rich flavor is imparted.

In cold weather, you can cover up for several days the remnants of meat and let them stand, and when needed, cook in cold water, strain, and you have a soup stock.

Meats for soup should always be put on to cook in *cold* water, and allowed to simmer slowly for several hours, in order that the essence of the meat may be drawn out thoroughly. If water is needed use boiling water from the teakettle; cold or lukewarm spoils the flavor.

Burnt brown sugar, commonly called caramel, is sometimes useful to color soups brown.

A handful of spinach leaves, pounded and added to the soup five minutes before taking it up, will produce a fine green color; parsley or green leaves of celery can be substituted.

Potatoes, if boiled in the soup, are thought by some to render it unwholesome, from the opinion that the water in which potatoes have been cooked is almost a poison. As potatoes are a part of every dinner, it is very easy to take a few out of the pot in which they have been boiled by themselves, and to cut them up and add them to the soup just before it goes to table. Remove all shreds of meat and bone.

A fine amber color is obtained by adding finely grated carrot to the clear stock when it is quite free from scum.

Red is obtained by using red skinned tomatoes from which the skin and seeds have been strained out.

Only white vegetables should be used in white soups, as chicken.

Black beans make an excellent brown soup. The same color can be gotten by adding burnt sugar or browned flour to clear stock.

### *Stock.*

Six pounds of shin of beef, or six pounds of knuckle of veal; any bones, trimmings of poultry, or fresh meat; one-quarter pound of lean bacon or ham, 2 ounces of butter, 2 large onions, each stuck with cloves; 1 turnip, 3 carrots, 1 head of celery, 2 ounces of salt, one-half teaspoonful of whole pepper, 1 large blade of mace, 1 bunch of savory herbs except sage, 4 quarts and one-half pint of cold water.

Cut up the meat and bacon, or ham, into pieces of about three inches square; break the bones into small pieces, rub the butter on the bottom of the stew pan; put in one-half pint of water, the broken bones, then meat, and all other ingredients. Cover the stew pan, and place it on a sharp fire, occasionally stirring its contents. When the bottom of the pan becomes covered with a pale, jelly-like substance, add the 4 quarts of cold water, and simmer very gently for five or six hours. As we have said before, do not let it boil quickly. When nearly cooked, throw in a tablespoon of salt to assist the scum to rise. Remove every particle of scum and strain; when cool remove all grease. This stock will keep for many days in cold weather.

Stock is the basis of many of the soups afterward mentioned, and this will be found quite strong enough for ordinary purposes. Keep it in small jars, in a cool place. It makes a good gravy for hash meats; 1 tablespoonful of it is sufficient to impart a fine flavor to a dish of macaroni and various other dishes. Good soups of various kinds are made from it at short notice; slice off a portion of the jelly, add water, and whatever vegetables and thickening preferred. It is best to partly cook the vegetables before adding to the stock, as much boiling injures the flavoring of the soup. Season and simmer a few moments and serve hot. If soups have too much fat, lay on the surface a piece of blotting paper.

### *White Stock Soup.*

Six pounds knuckle of veal, half pound lean bacon, two tablespoonfuls of butter rubbed in one of flour, one large carrot grated, one large turnip cut in slices (the yellow or ruta бага is best), one leek cut in slices, one bunch of parsley cut small, six small potatoes peeled and cut in half, and a teacupful of pearl barley well washed, then cover it and let it boil gently for one hour, at which time add another tablespoonful of salt and a thickening made of a tablespoonful of wheat flour and a gill of water, stir it in by the spoonful; cover it for fifteen minutes and it is done.

Three hours and a half is required to make this soup; it is the best for cold weather. Should any remain over the first day, it may be heated with the addition of a little boiling water, and served again.

Take the meat from the soup, and if to be served with it, take out the bones, and lay it closely and neatly on a dish, and garnish with sprigs of parsley; serve made mustard and catsup with it. It is very nice pressed and eaten with mustard and vinegar or catsup.

### *Soup Flavorings.*

There are many different kinds of flavorings for soups, the principal ones being bay leaf, red pepper, sherry, carrots, tomatoes, green peas, asparagus, green corn, rice, okra, macaroni, beans, barley, vermicelli, mushrooms, parsnips, turnips, onions and beet root. Many people and especially Germans are fond of onions, sliced and fried in butter and flour. This gives them a nice, brown color and when rubbed through a sieve heightens the color and flavor of soups. There are also many herbs used; such as parsley, celery, common thyme, and many seasonings; such as, allspice, cinnamon, nutmegs and cloves.

### *To Clarify Stock.*

Beat an egg, add a little cold water and some of the hot stock; beat again and pour in the soup while boiling; then beat the whole thoroughly and long; allow it to boil up once, remove and strain.

### *Green Pea Soup.*

Wash a small quarter of lamb, and put it into a soup-pot with six quarts of cold water; add salt—let boil gently for two hours, then skim it clear, add a quart of shelled peas, and a little pepper; cover, and let boil for half an hour, then having scraped the skins from a quart of



small young potatoes, add them to the soup; cover and let boil for half an hour longer; work quarter of a pound of butter and a dessert spoonful of flour together, and add to the soup ten minutes before taking it off the fire.

### *Gumbo Filee, (or Fela.)*

Is prepared from sassafras leaves, dried and powdered. Gumbo Filee is almost indispensable. A tablespoonful is often an addition to the commoner broths.

### *Bay Leaf, (for flavoring.)*

Is to some minds, among soups and meats, what the vanilla is among the sweets. Skillful use of this gives an unmistakable flavor of French cookery to domestic viands. One large bay leaf will flavor two gallons of soup, and only a small piece is wanted for a family dinner.

### *Celery Seed.*

Can be used for soups where the celery stalks are not at hand.

### *Curry Powder.*

Mix 1 ounce of ginger, 1 ounce of mustard, 1 ounce of pepper, 3 ounces of coriander seed, 3 ounces of turmeric, 1-4 ounce of Cayenne pepper, 1-2 ounce cardamoms, 1-2 ounce of cummin seed, 1-2 ounce of cinnamon. Have these ingredients well powdered; sift together, and keep in a tightly-corked bottle. A sprinkling of this will be found a great improvement to soups and some stews and gravies.

### *Soup Herb Spirit.*

Take equal parts of thyme, sweet marjoram, sweet basil, summer savory, parsley and celery seed, gathered in their prime; fill a wide-mouthed bottle loosely with the fresh leaves; fill with good vinegar, and cork closely. In three or four days pour the vinegar into another bottle, and cork. This, for those who like a variety of herbs in soup, will be very convenient and far nicer for use than the same herbs in a pulverized state, though these can be used in the form of a powder.

### *Parsley.*

Or celery, can be dried in a slow oven, the stems of parsley picked out and the leaves bottled closely for use—the stalks and roots of celery,

grated and bottled. A small bunch of the fresh parsley or 2 table-spoonfuls of the dry, will suffice for four quarts of soup.

### *Rolled Oatmeal.*

Is nearly, if not quite, as nice in soup as rice.

### *Walnut.*

Mushroom and tomato catsups, celery and other vinegars will be found in their especial departments, and may be added to suit the taste of individuals.

### *Beef Soup.*

One pound of beef, 2 quarts of water, 1 cup of rice or pearl barley. Put in a soup pot. Boil slowly for two hours. In another vessel have a good soup bone, together with 1 onion, 1 potato,  $\frac{1}{2}$  carrot, 1 turnip and a little parsley. Boil with the meat. When ready to serve, strain the soup off the bones and vegetables into the other vessel. Take 2 eggs, beat well in the soup tureen, stir the soup and add gradually, and the eggs will not curdle. This will be found a good as well as a cheap soup.

### *Noodle Soup.*

Put soup bone in a kettle half full of water. Salt, and let boil. Pare and slice 2 small potatoes, 1 turnip, 1 onion, 1 parsnip, and add to the soup. Season with pepper and a little parsley for flavoring. Fifteen minutes before serving throw in the noodles.

### *Noodles.*

Take 1 egg, a pinch of salt, half an egg-shell full of water. Stir in all the flour it will take; roll as thin as you possibly can; hang over a chair-back on a napkin to dry. Then roll up like jelly-cake and slice off as thin as a wafer. They will cook in 15 or 20 minutes.

### *Ox-tail Soup.*

Two ox-tails, 2 tablespoonfuls of butter, 1 onion, 4 cloves, 1 carrot, 1 turnip, 1 bay leaf, 2 quarts of cold water or stock. Salt and pepper to taste. Wash and wipe the ox-tails. Cut them into pieces about one inch long. Put the butter into a frying pan; when hot throw in the ox-tails and stir until they turn brown, then skim them out and put them

into a soup kettle with the onion, the cloves, the carrot, the turnip, the bay leaf and the water or stock (the latter the best). Simmer until the tails are tender, about two hours. Then remove the vegetables, add salt and pepper and serve. If you use wine, one glass of sherry.

### *Bouillon Soup.*

Common soup of France. One-half pound beef, 1 pound of bone, 2 and one-half quarts of water, 1 ounce of salt, 2 carrots, 2 onions, 2 cloves, 3 leeks, one-quarter head of celery, 1 turnip, one-half parsnip. Simmer. Strain and serve clear.

### *Bouillon (beef tea).*

Bouillon is served now almost as a necessity for the first course at tea or evening parties. Serve in large coffee cups, or tea cups, with saucers and teaspoons. Sometimes in summer it is iced, otherwise serve hot. By some the saucer is omitted. This, with fancy sandwiches, is often sufficient refreshment for an informal evening party. One can of Liebig's extract of beef, mixed with 3 quarts boiling water and salted to taste, is the easiest method. Let it boil up, pepper slightly, and the soup is ready for use. Or, in the morning of the day before the party, boil 4 pounds of the lean, cheap parts of beef, and proceed as directed for making soup stock. When wanted remove the fat, season to taste, heat and serve as above.

### *Okra Soup.*

Fry 1 pound "round" steak cut in bits, two tablespoons butter, and 1 sliced onion, till very brown; add to 3 or 4 quarts cold water in soup kettle, and boil slowly one hour; then add pint sliced okra, and simmer three hours or more; season with salt and pepper, strain and serve.

### *Consomme.*

Two pounds of lean beef, 2 pounds of veal, 1 onion, 1 bay leaf, stalk of celery, sprig of parsley, small-sized carrot, 2 quarts of cold water, 2 tablespoonfuls of butter. The under part of the round of beef and the knuckle of veal are the best for this soup. Cut all the meat into pieces about an inch square. Put the butter in the soup kettle and let it brown; add to it the meat and stir over the fire about five minutes, or until the meat is nicely browned. Now cover the kettle and let simmer for thirty minutes. Now add the water and let simmer for four hours.

Now add the vegetables and bay leaf and simmer one hour longer, strain through a sieve, and put in a cold place to cool. When cold, remove the fat and it is ready to use.

### *Mutton Soup.*

Six pounds of the neck, 1 onion, 4 quarts of cold water, one-half cup of rice, 1 bay leaf, salt and pepper to taste. Wipe the necks with a damp towel, put them in soup kettle and cover with water, bring slowly to a boil, skim carefully; cover and simmer gently for four hours. Strain and stand away over night to cool. In the morning remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf and rice, Simmer half an hour, season with salt and pepper and serve.

### *Mutton Soup.*

Boil a nice leg of mutton, and take the water for the soup, add 2 onions chopped fine, potato, half a cup of barley, and 2 large tomatoes; season with pepper and salt, boil one hour, stir often (as barley is apt to burn), and, before taking from the fire, add 1 tablespoon flour wet with cold water.

### *Macaroni Soup.*

To a rich beef or other soup, in which there is no seasoning other than pepper or salt, take half a pound of small pipe macaroni, boil it in clear water until it is tender, then drain it and cut it in pieces of an inch in length, boil it for fifteen minutes in the soup and serve.

### *Scotch Mutton Broth.*

Take six pounds of the neck of mutton, one half cup of rice, one onion, one bay leaf, four quarts of cold water, salt and pepper to taste. Wipe thoroughly the necks with a damp towel, put them in a soup kettle and cover with the water; bring slowly to a boil, skim carefully; cover and *simmer* gently for four hours. Strain and stand away over night to cool. The next day remove all fat from the surface. Put the soup into the kettle, add the onion, bay leaf and rice. *Simmer* half an hour, season with salt and pepper and serve.

Then cut the meat into small pieces, and serve in the tureen with the soup.

The soup may be thickened with rice or barley that has first been



soaked in cold water, with a beaten egg, or young corn, or with tomatoes scalded, peeled and cut into pieces.

### *Veal Soup.*

To about three pounds of a joint of veal, which must be well broken up, put four quarts of water and set it over to boil. Prepare one-fourth pound of macaroni by boiling it by itself, with sufficient water to cover it; add a little butter to the macaroni when it is tender, strain the soup and season to taste with salt and pepper, then add the macaroni in the water in which it was boiled. The addition of a pint of rich milk or cream and celery salt is relished by many. Beat it well for a minute just before serving.

### *Calf's Head Soup.*

One calf's head, 3 quarts of cold water, 4 cloves, 1 onion, 1 small carrot, sprig of parsley, 1 bay leaf, sprig of sweet marjoram, salt and pepper to taste. Wash the head well through three waters; scald it, wash it again in cold water, and soak it fifteen minutes. Be sure that throat and nasal passages are perfectly clean. Now put it into a soup kettle with the cold water. Bring it slowly to a boil and let it simmer gently for five hours, skimming it carefully until no more scum rises. Put in the vegetables and spices one hour before the soup is done. When done, strain and stand away to cool. Do this the day before you want to use it; when cool, remove all the fat from the surface. Make forcemeat balls as follows: One cup of meat from the head, chopped fine, add to it a tablespoonful of chopped parsley, the grated peel of half a lemon, one raw egg, one tablespoonful of flour, half a teaspoonful of salt and a little black pepper. Mix well and form into little balls the size of a hickory nut. Fry them in butter until a golden brown.

When ready to use bring the soup to boiling point, season with a tablespoonful of Worcestershire sauce, salt and pepper. Put into a two-quart stewing-pan 2 ounces (two tablespoonfuls) of butter, and when it bubbles, stir in 2 heaping tablespoonfuls of flour. Mix well, add to this the soup, stir constantly until it boils. Put the force-meat balls into the tureen, pour over the boiling soup, and, if you use it, add 1 glass of sherry or Madeira. The brains should be taken out of the head before boiling. They can be used for another dish. See recipe for cooking calf's brains.

*Normandy Veal Soup.*

One knuckle of veal, 4 quarts of cold water, 1 quart of white button onions, one-half baker's five cent loaf, 1 quart of cream, 2 tablespoonfuls of butter, 2 tablespoonfuls of flour, salt and pepper to taste. Put the veal in a soup kettle with the onions and water. Let it simmer slowly for two hours. Then add the bread cut into slices. Let it simmer two hours longer. Then remove the knuckle and press the remaining ingredients through a sieve. Return it to the soup kettle. Rub the butter and flour together to a smooth paste, stir it into the boiling soup, and stir constantly until it thickens. Add the cream, salt and pepper, and serve. This soup is delicious.

*Mock-Turtle Soup.*

Clean and wash a calf's head, split it in two, save the brains, boil the head until tender in plenty of water; put a slice of fat ham, a bunch of parsley cut small, a sprig of thyme, two leeks cut small, six cloves, a teaspoonful of pepper, and three ounces of butter, into a stew-pan, and fry them a nice brown; then add the water in which the head was boiled, cut the meat from the head in neat square pieces, and put them to the soup; add a pint of Madeira and one lemon sliced thin, and Cayenne pepper and salt to taste; let it simmer gently for two hours, then skim it clear and serve.

*Force-Meat for Soup.*

Make a force-meat of the brains as follows: Put them in a stew-pan, pour hot water over, and set it over the fire for a few minutes, then take them up, chop them small, with a sprig of parsley, a saltspoonful of salt and pepper each, a tablespoonful of wheat flour, the same of butter, and one well-beaten egg; make it in small balls, and drop them in the soup fifteen minutes before it is taken from the fire; in making the balls; a little more flour may be necessary. Egg balls may also be added.

*Ox-Tail Soup.*

Take two ox tails and two whole onions, two carrots, a small turnip, two tablespoonfuls of flour, and a little white pepper, add a gallon of water, let all boil for two hours, then take out the tails and cut the meat into small pieces, return the bones to the pot for a short time, boil for another hour, then strain the soup; and rinse two spoonfuls of arrowroot

to add to it, with the meat cut from the bones, and let all boil for a quarter of an hour.

### *Chicken Noodle Soup.*

One chicken weighing four pounds, 3 quarts of cold water, 1 small onion, 1 bay leaf, sprig of parsley, the quantity of noodles given in recipe for noodles, or 4 ounces of bought noodles. Clean the chicken, put it in the soup kettle with the cold water, stand it on a moderate fire and bring it slowly to boiling point. Skim carefully. Let it simmer gently two hours; then add the onion, bay leaf and parsley, and simmer one hour longer.

Dish the chicken and serve with egg sauce. Put the noodles into the soup and boil fifteen minutes; add salt and pepper, and serve with crackers.

### *Oyster Soup.*

Two quarts of oysters, 1 quart of milk, 2 tablespoonfuls of butter, 1 teacupful of hot water; pepper, salt.

Strain all the liquor from the oysters; add the water and heat. when near the boil, add the seasoning, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, cook one minute, and pour into the tureen. Stir in the boiling milk and send to table.

### *Chicken Cream Soup.*

Boil an old fowl, with an onion, in four quarts of cold water, until there remain but two quarts. Take it out and let it get cold. Cut off the whole of the breast, and chop very fine. Mix with the pounded yolks of two hard boiled eggs, and rub through a colander. Cool, skim, and strain the soup into a soup pot. Season, add the chicken-and-egg mixture, simmer ten minutes, and pour into the tureen. Then add a small cup of boiling milk.

### *Chicken Bean Soup.*

Cut up the chicken and put in as much water as is wanted for your soup. Soak 1 teacup of beans over night. Next morning cook them in a separate vessel. Put a lump of soda the size of a pea in the water,

and when the beans are tender, drain them carefully and put them to boil with the chicken. Season with salt and pepper, and boil slowly until done.

### *Chicken Green Corn Soup.*

Cut up 1 large fowl, and boil in 1 gallon of water until tender. Add the kernels from 12 ears of corn to the soup, first removing the chicken from the kettle, and a cup of the broth. Stew 1 hour longer. Season with pepper, salt and celery, or parsley. Thicken with a tablespoonful of flour rubbed smooth in 1 cup of milk. Let it boil up once and serve. Canned corn may be used, but of course, corn fresh from the ear, is more juicy and tender.

### *Chicken Soup (Plain.)*

In boiling chickens for salads, etc., the broth (water in which they are boiled) may be used for soup. When the chickens are to be served whole, stuff and tie in a cloth. To the broth add a dozen tomatoes (or a quart can), and 1 thinly sliced onion; boil 20 minutes, season with salt and pepper, add 2 well beaten eggs, and serve.

### *Vegetable Soup.*

Two pounds of coarse, lean beef, cut into strips, two pounds of knuckle of veal chopped to pieces, two pounds of mutton bones, and the bones left from your cold veal cracked fine. Mix with the pounded yolks of two hard-boiled eggs, and rub through a colander. Cool, skim, and strain the soup into a soup-pot. Season, add the chicken-and-egg mixture, simmer ten minutes, and pour into the tureen. Then add a small cup of boiling milk.

### *Squirrel Soup.*

Half a pound of lean ham; two medium sized onions; one pound of lean beef; fried bread; butter for frying; pepper, salt, and two stalks of white celery cut into inch lengths; three quarts of water.

Joint your game neatly; cut the ham and onions into small pieces, and fry all in butter to a light brown. Put into a soup-pot with the beef, cut into strips, and a little pepper. Pour on the water; heat slowly, and stew gently two hours. Take out the pieces of squirrel and cover in a bowl; cook the soup an hour longer; strain; cool; drop in the celery, and simmer ten minutes. Pour upon fried bread in the tureen.



### *Green Turtle Soup.*

Take one can of Turtle, two onions, a bunch of sweet herbs, juice of one lemon, five quarts of water and one half glass of Madeira. With a fork break up the pieces of Turtle in small parts; add water, let come to a boil, add herbs, onions, pepper and salt, let simmer slowly but do not let it cease boiling; when thoroughly done thicken with flour which has been previously browned and simmer a half hour longer; then add force meat balls, the juice of one lemon, the wine, beat up at once and serve. Fresh Turtles can be used instead of canned, in which case one Turtle would be sufficient for amount of ingredients.

### *Forced Meat Balls for the Above.*

Rub to a paste the yolks of two hard-boiled eggs, and a tablespoon of butter. Season with cayenne, a little sugar, and a pinch of salt, add three tablespoonfuls of the Turtle saved from the soup, stir thoroughly. Shape in small balls, dip into well beaten egg, then cracker crumbs and fry in butter, drop this in the soup.

### *Lobster Soup.*

Procure a large hen fish, boiled, and with all its coral, if possible. Cut away from it all the meat in neat little pieces; beat up the fins and minor claws in a mortar, then stew the results in a stew-pan, slowly, along with a little white stock; season this with a bunch of sweet herbs; a small onion, a little bit of celery, and a carrot may be placed in the stock, as also the toasted crust of a French roll. Season to taste with salt and a little Cayenne. Simmer the whole for about an hour; then strain and return the liquor to the saucepan; place in it the pieces of lobster, and having beat up the coral in a little flour and gravy, stir it in. Let the soup remain on the fire for a few minutes without boiling and serve hot. A small strip of the rind of a lemon may be boiled in the stock, and a little nutmeg may be added to the seasoning. This is a troublesome soup to prepare, but there are many who like it when it is well made.

Canned lobster can be used instead of fresh lobster if desired and is much more convenient. Allow one can to a lobster.

### *Game Soup.*

Two grouse or partridges, or if you have neither, use a pair of rabbits; half a pound of lean ham; two medium sized onions; one pound of

lean beef; fried bread, butter for frying; pepper, salt and two stalks of white celery cut into inch lengths; three quarts of water.

Cut your game neatly; cut the ham and onions into small pieces, and fry all in butter to a light brown. Put into a soup-pot with the beef, cut into strips, add a little pepper. Pour on the water; heat slowly, and stew gently two hours. Take out the pieces of bird, and cover in a bowl; cook the soup an hour longer; strain, cool; drop in the celery and simmer ten minutes. Pour upon fried bread in the tureen. Another way which makes soup richer is to pass all through a fine sieve instead of straining.

### *Celery Soup.*

Celery soup may be made with *white stock*. Cut down the white of half a dozen heads of celery into little pieces and boil it in four pints of white stock, with a quarter of a pound of lean ham and two ounces of butter. Simmer gently for a full hour, then drain through a sieve, return the liquor to pan and stir in a few spoonfuls of cream with great care. Serve with toasted bread, and, if liked, thicken with a little flour. Season to taste.

### *Macaroni Soup.*

Boil a pound of the best macaroni in a quart of good stock till quite tender; then add a pint of hot cream and a little grated cheese and serve.

### *Onion Soup.*

One large Spanish or 3 Bermudas, 2 tablespoonfuls of butter, 2 quarts of stock, salt and pepper. Peel and chop the onion into dice. Put the butter in a frying pan; when hot, add the onions and stir until a nice brown. Put the stock on to boil; when it boils, skim the onions out of butter and add them to the stock, let them simmer for thirty minutes, add salt and pepper, and it is ready to serve.

### *Clear Vegetable Soup.*

Two quarts of stock, 1 quart of boiling water, 1 small carrot, 1 turnip, 1 sweet potato, 1 white potato, 1 ear of corn, 1 cupful of peas, 1 cupful of beans, 1 tomato, 1 tablespoonful of rice or barley. Put the water into a soup kettle, cut the vegetables into pieces of uniform size, otherwise the smaller ones will dissolve and impair the transparency

of the soup. (There are various small tin cutters that can be purchased for this purpose.) Put the carrot and turnip on to boil; after they have boiled one hour, add all the other vegetables and rice, and boil until tender. Now add the stock, and salt and pepper to taste. Let it boil up once and serve.

### *Rice Soup.*

Two tablespoonfuls of rice, 1 quart of stock, salt and pepper to taste. Wash the rice and put it in a saucepan with one pint of boiling water, boil slowly for thirty minutes; drain, and add to boiling stock. Let the whole boil five minutes, add salt and pepper, and serve.

### *Sago Soup.*

Two quarts of stock, 2 ounces of sago, salt and pepper to taste. Wash the sago through several waters, then cover it with warm water and let it soak for one hour. Melt the stock and bring it to boiling point. Drain the sago, add it to the stock; let boil slowly half an hour, stirring very often to prevent scorching. Add salt and pepper, and serve.

### *Tomato Soup.*

One quart can or 1 quart stewed tomatoes, 1 quart water or stock, 1 onion, 1 carrot, 1 stalk celery, 1 bay leaf, 2 tablespoonfuls of butter, 4 tablespoonfuls of flour, one-quarter pound of ham. Cut the ham into dice and the onion into slices and fry them together until brown, then put them into a large saucepan with the water, bay leaf, celery and carrot; let the whole simmer for one hour; then add the tomatoes and simmer again for three-quarters of an hour. Now press the tomatoes through a sieve. Rub the butter and flour together until smooth, add it to the boiling soup, and stir constantly until it boils; add salt and pepper and serve with croutons.

### *Dried Bean Soup.*

One pint dried beans, half pound ham, 1 quart of stock, one and one-half quarts of boiling water, salt and pepper to taste. Wash the beans and soak them over night. In the morning drain the water off, and cover them again with the boiling water; add the ham and boil gently two hours. Now add the stock. Press the beans through a sieve, return them to the soup kettle, and bring to a boil. Add salt and pepper, and serve with toasted bread.

*Black Bean Soup.*

One pint of turtle beans, one and one-half quarts of boiling water, 1 quart of stock, 2 hard boiled eggs, 1 lemon, salt and pepper to taste. If you use wine, 1 gill. Wash the beans well in cold water and soak them over night. In the morning drain the water off and cover them again with one quart of the boiling water. Boil until tender, about two hours. Now add the stock and the pint of boiling water. Press the whole through a sieve; wash the kettle, return the soup and bring it to a boil; add salt and pepper. Cut the eggs and lemon into slices and put into the tureen, pour the boiling soup over and serve.

If wine is used, put it in the tureen with the lemon and egg.

*Barley Soup.*

Two tablespoonfuls of pearl barley, 1 quart of stock, salt and pepper to taste. Wash the barley in cold water; then cover it with boiling water, let it boil up once and drain it. Cover it again with boiling water and simmer it for two hours. Drain; add to the stock when boiling; let it stand on the back part of the range for ten minutes; add salt and pepper, and serve.

*Turtle Bean Soup.*

Soak 1 pint black beans over night, then put them into 3 quarts water with beef bones or a small piece of lean salt pork, boil three or four hours, strain, season with salt, pepper, cloves and lemon juice. Put in a few slices of lemon, and if wished add slices of hard-boiled eggs. Serve with toasted bread cut into dice, and placed in the tureen.

*Vermicelli Soup.*

Swell quarter of a pound of vermicelli in a quart of warm water, then add it to a good beef, veal, lamb, or chicken soup or broth, with quarter of a pound of sweet butter; let the soup boil for fifteen minutes after it is added. Excellent.

*Pea Soup.*

A marrow bone, or the bones of cold roast beef; 2 or 3 pints of split peas, according to required thickness; 2 carrots, 2 turnips, 3 onions, 1 stalk of celery, thyme or parsley, whole black pepper. Break the bones and put them in the kettle with 4 quarts of cold water. Add the peas, previously soaked over night in warm water. and the sliced



vegetables. Let them boil for two hours stirring frequently to prevent burning. When the peas are soft and broken the soup may be taken off, if wished, and put through a sieve into another kettle; stir until the pulp is thoroughly mixed with the soup, salt to the taste. A slice of ham may be added to soup, if the flavor is liked. Serve with toasted bread cut in squares. Green peas for soup need no soaking. Peas require care in cooking, as they become tough and hard if overdone.

### *Cream Pea Soup.*

One pint of canned peas, 1 quart of milk, 1 tablespoonful of butter, 2 even tablespoonfuls of flour, salt and pepper to taste. Press the peas through a colander. Put the milk on to boil in a farina boiler; as soon as it boils, add to it the peas that have been pressed through the colander. Rub the butter and flour together, add them to the boiling soup and stir constantly until it thickens. Add salt and pepper, and serve immediately.

### *Cream of Barley Soup.*

Two tablespoonfuls of barley, 1 pint of milk, yolks of two eggs, 1 pint of veal or white stock, salt and pepper to taste. Scald the barley, drain, cover with fresh boiling water and boil three hours. Strain. Put the milk and stock on to boil, add the barley, salt and pepper. Beat the yolks lightly, put them in the soup tureen, pour over the boiling soup, and serve at once.

### *Cream of Corn Soup.*

One pint of grated corn, 3 pints of boiling water, or better, veal stock, 1 pint of hot milk, 3 tablespoonfuls of butter, 2 even tablespoonfuls of flour, yolks of two eggs, salt and pepper to taste. Put the cobs from which you have removed the corn in the boiling water or stock, and boil slowly half an hour. Remove them, put in the corn and boil till very soft, about twenty minutes, then press it through a sieve. Season and let it simmer while you rub the butter and flour together; add these to the soup and stir it constantly until it thickens. Now add the boiling milk, cook one minute, then add the beaten yolks, and serve immediately.

### *To Get up a Soup in Haste.*

Chop some cold cooked meat fine, and put a pint into a stew-pan with some gravy, season with pepper and salt and a little butter if the

gravy is not rich; add a little flour moistened with cold water, and three pints boiling water, boil moderately half an hour. Strain over some rice or nicely toasted bread and serve. Uncooked meat may be used by using one quart of cold water to a pound of chopped meat, and letting it stand half an hour before boiling. Celery root may be grated in as seasoning, or a bunch of parsley thrown in.

### *Clam Soup.*

Fifty clams, 1 pint of milk, 1 pint of water, 2 tablespoonfuls of butter, 1 dozen water crackers, pepper to taste. Drain the clams and put the liquor on to boil; chop the clams fine. Skim the liquor, as it boils, free from all scum, then add the water, clams and pepper, and simmer for five minutes; add the butter, and then the milk; let it heat (but not boil). Take from the fire, add the crackers, broken into small pieces, and serve at once.

### *Salmon Soup.*

One pound of fresh salmon, 1 pint of milk, 1 pint of veal stock, 1 tablespoonful of butter, 2 tablespoonfuls of flour, salt and pepper to taste. Wash the salmon, put it in a saucepan, cover it with boiling water and simmer for fifteen minutes; take from the water, remove the skin and bones and mash the flesh in a colander. Put the milk and stock on to boil. Rub the butter and flour together, add them to the stock and milk when boiling, stirring constantly until it thickens. Now add the salmon, let it come to a boil, and serve.

Canned salmon may be used in place of fresh.

### *Oyster Soup. No. 1.*

One quart of oysters, 1 pint of milk, 2 tablespoonfuls of butter, 1 teacupful of hot water; pepper, salt. Strain the liquor from the oysters; add the water, and place over a hot fire in a granite kettle. When near the boil, add the salt, then the oysters. Cook about five minutes from the time they begin to simmer, until they "ruffle." Stir in the butter, let come to a boil and pour into the tureen. Stir in the boiling milk, and send to table. All water can be used in place of milk if preferred.

### *Oyster Stew. No. 2.*

Make a paste of one tablespoonful of butter and two of flour, a teaspoonful of salt and a pinch of pepper; put in a stew-pan on the fire

one pint of milk and one of water; when this comes to a boil, put in two quarts of oysters and stir in the paste, a small lump at a time; stir frequently, so as to melt the paste. As soon as it comes to a boil remove it from the fire, pour into a tureen and serve at once with crackers.

### *Lobster Soup.*

Take 1 can of lobster, 1 tablespoonful of butter, 2 quarts of veal stock, 1 tablespoonful of flour. Season with salt and cayenne pepper.

Break the meat into small pieces, add it to the veal stock, let boil slowly—add the seasoning and butter and flour reduced to a pulp, let boil up and serve.

### *Fish Soup.*

One pound of fish, 1 small onion, 1 quart of milk, 2 tablespoonfuls of flour, sprig of parsley 1 tablespoonful of butter, salt and pepper to taste.

Put the fish in a sauce-pan, add the parsley and onion, cover with boiling water and *simmer* for fifteen minutes. Take the fish carefully out of the water, remove the center bone and skin and mash the flesh fine in a colander. (It is not necessary to press it through.) Put the milk on to boil in a farina boiler. Rub the butter and flour together, add to the milk when boiling, stir until it thickens, then add the fish, salt and pepper; let it heat up thoroughly and it is ready to serve.

### *Cream Tomato Soup.*

This is a much relished American dish, and is prepared as follows: Steam, or rather stew slowly, half a pound of lean beef and a *little bit* of butter over a slow fire for an hour or so. Then add twelve ripe tomatoes. Stew the whole for an hour and a half, then pass through the sieve into the pan again; add a little pepper and salt, boil for ten minutes and thicken with a generous table spoonful of butter in which has been stirred a dessertspoonful of flour—pour into a tureen with 1 cup of hot cream—serve at once.

## SOUPS WITHOUT MEAT.

### *Vegetable Soup.*

One carrot, 1 sweet potato, 1 turnip, 1 parsnip, 1 white potato, 1 onion, 1 root of celery, 1 tablespoonful of butter, 2 tablespoonfuls of rice, 2 quarts of cold water, 1 bay leaf, 1 teaspoonful of salt, 1 sprig of parsley. Cut the vegetables into dice. Put the butter into a frying pan, and when hot put in all the vegetables but the white potato, and fry until a light brown. Then turn the whole, butter and all, into a soup kettle, add the water, rice, bay leaf, salt, parsley and celery. Let them boil slowly one and a quarter hours. Then add the white potato: boil fifteen minutes longer, season to taste and serve.

### *Asparagus Soup.*

Cut the tops from about 30 heads of asparagus, about half an inch long, and boil the rest; cut off all the tender portions and rub through a sieve, adding a little salt; warm 3 pints soup stock, add a small lump of butter and a teaspoonful of flour previously cooked by heating the butter and slowly stirring in the flour; then add the asparagus pulp. Boil slowly a quarter of an hour, stirring in 2 or 3 tablespoons cream; color the soup with a teaspoonful of prepared spinach, made by pounding the spinach well, adding a few drops of water, squeezing the juice through a cloth and putting it over a good fire. As soon as it looks curdy, take it off, and strain the liquor through a sieve. What remains on the sieve is to be used for coloring the soup. Just before serving soup, add the asparagus tops which have been separately boiled.

### *Meatless Tomato Soup.*

One quart tomatoes, 1 of water; stew till soft; add teaspoonful of soda, allow to effervesce, and add quart of boiling milk, salt, butter, and pepper to taste, with a little rolled cracker; boil a few minutes and serve.

### *Green Corn Soup.*

Cut the kernels from 12 large ears of green corn, and just cover them in a stewpan with boiling water. Boil half an hour, add a quart of milk, pepper and salt to taste. Beat 3 eggs very light. When the soup just comes to the boiling point again, stir in the eggs and serve quickly.

### *Carrot Soup.*

Put in soup kettle a knuckle of veal, 3 or 4 quarts cold water, a quart finely-sliced carrots, 1 head celery; boil two and a half hours, add a handful rice, and boil an hour longer; season with pepper (or a bit of red pepper pod) and salt, and serve.

### *Potato Soup (without milk.)*

Take a slice of pickled pork, four inches square, and fry crisp in the kettle in which the soup is to be made. If pork is disliked, 3 tablespoonfuls of slightly browned butter will take its place. Then add 3 pints of boiling water, one and one-half pints of sliced potato, and 3 sliced onions. Boil half an hour, season with salt, pepper and parsley to suit the taste, serve with broken toast or crackers.

### *Potato Soup.*

Take good sound potatoes, peel and cut in pieces small enough to be eaten with a spoon. Soak in cold water, or rinse well. Boil in sufficient water to cover when done. Add 1 quart of milk. Season with salt and pepper to taste. When cooked take 2 tablespoonfuls of flour, with half as much butter, and fry in a pan, stirring until changed into a brown color. Stir in with the potatoes, and serve at once. Season with celery or parsley if wished. To make still nicer beat up 1 or 2 eggs in a cup of cold milk, stir in and serve.

### *Noodles.*

Take 1 egg and a pinch of salt; use all the flour that this will take up. Roll thinly as possible and dry, then roll up and slice off in narrow strips. Drop into boiling soup fifteen minutes before serving. Chicken with noodles makes a nice dish.

### *Force Meat Balls for Soup.*

Take a quarter of a pound of beef suet, a little parsley, and chop. Mix with a basin of bread crumbs, and flavor with pepper, salt and nutmeg. Moisten with the yolks of two eggs, roll in flour, and make up into small balls. Bake in a hot oven, or fry till crisp, and drop into the soup; or slices of bread can be toasted, buttered, cut into squares, and dropped into the soup.



*Croutons.*

To make croutons, cut stale bread into thin slices, spread it lightly with butter on one side, then cut into dice. Place them on a tin dish, and put them in a moderate oven until a golden brown.

Melt the stock gradually, bring it to a boiling point, add salt and pepper. Serve soup in a tureen with croutons. Serve at once.

*Egg Balls for Soup.*

Boil four eggs; put into cold water; mash yolks with yolk of one raw egg, and one teaspoonful of flour, pepper, salt and parsley; make into balls and boil two minutes.

*Noodles No. 2.*

Rub into two eggs as much sifted flour as they will absorb; then roll out until thin as a wafer; dust over a little flour, and then roll over and over into a roll, cut off thin slices from the edge of the roll, and shake out into long strips; put them into the soup lightly and boil for ten minutes; salt should be added while mixing with the flour—about a saltspoonful.

## FISH, FROGS AND EELS.



The flesh of all fish out of season is unwholesome; to be eatable they should be perfectly fresh, the eyes clear, the gills red, the scales bright, the flesh firm and free from any unpleasant odor, and to secure the best flavor, should be cooked as soon as possible after leaving the sea, river or pond. They should be scaled and cleaned as soon as they come home from the market, washed quickly without soaking, removing the smallest atom of blood. Sprinkle salt on the inside and put in a *cold* place until wanted. If necessary to keep them over night, place where the moon will not shine on them, as the effect is as bad as the hot sunshine. Cod, haddock and halibut may be kept a day before using, but mackerel and whitefish lose their life as soon as they leave the water. The fat or oil of most fish is found in their livers. consequently the flesh is white. Salmon, herring, mackerel, sturgeon and catfish are exceptions, having the oil distributed throughout the body, thereby giving color to the flesh.

The favorite modes of cooking fish are boiled, baked, broiled and fried. Steaming fish is excellent, but it is not generally known that fish can be prepared this way.

Fish should never be laid double, if it can be avoided, as the steam from the under layer makes the upper layer so soft as to break easily when being served. Fish should be served alone immediately after soup with potatoes.

### *Manner of Frying Fish.*

After the fish is well cleansed, lay it on a folded towel and dry out all the water. When well wiped and dry, roll it in wheat flour, rolled crackers, grated stale bread, or Indian meal, whichever may be preferred; wheat flour will generally be liked.

Have a thick-bottomed frying-pan or spider, with plenty of sweet lard salted (a tablespoonful of salt to each pound of lard), never use butter as it is apt to burn and has a tendency to soften the fish. For fresh fish which have not been previously salted: let it become boiling hot, then lay the fish in and let it fry gently, until one side is a fine delicate brown, then turn the other; when both are done, take it up carefully and serve quickly, or keep it covered with a tin cover, and set the fish where it will keep hot.

### *Fried Smelts.*

To clean them make a slight opening at the gills, then draw them between the thumb and finger, beginning at the tail. This will press out all the insides. Wash and wipe them. Salt and fry as above directed.

Garnish with parsley and slices of lemon, and serve with sauce Tartare.

All small fish may be served the same way.

### *Fried Eels, No. 2.*

Skin and clean the eels. Cut them into pieces about three inches long; put them in a stewing pan, cover with boiling water, add 1 tablespoonful of vinegar to every six eels; *simmer* five minutes. Drain and dry them with a towel. Beat an egg lightly, add to it a tablespoonful of boiling water, season with salt and pepper, dip the eels first in this and then in bread crumbs, and fry in *boiling* oil or fat until a nice brown. Serve with sauce Tartare.

*Fried Trout.*

They must, of course, be nicely cleaned and trimmed all round, but do not cut off their heads. Dredge them well with flour, and fry in a pan of boiling hot fat or oil. Turn them from side to side till they are nicely browned and quite ready. Drain off all the fat before sending the fish to table; garnish them with a few sprigs of parsley, and provide plain melted butter. If preferred, the trout can be larded with beaten egg, and be then dipped in bread crumb. The frying will occupy from five to eight minutes, according to size. Very large trout can be cut in pieces.

*Fried Salt Mackerel.*

Soak several hours before it is used, drain and place in a frying pan. Simmer over a slow fire until well heated, when it will be ready to serve.

*Fried Halibut.*

First, be sure the fish is fresh and sweet; wash, wipe and dry with a towel. Be sure also that the fish is firm. Roll some fresh crackers on the kneading board until they are as fine as dust; beat two eggs. Cut the fish up into pieces sufficiently large for the table and with a fork dip the fish into the egg, then roll in the cracker crumbs and place immediately in the hot drippings and fry a delicate brown. Cracker crumbs should be previously salted; turn and brown both sides, remove from the frying pan, drain carefully and serve hot.

## BROILED FISH

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown, turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavor. This may be made by putting two or three cobs under the gridiron. Season either before cooking or after, as either way is accepted.

*Broiled Mackerel (salt.)*

Wash and scrape all the thin black skin from the *inside*. Soak the fish in a large panful of cold water over night. In the morning wash it in fresh water and wipe it. Brush it with melted butter, dredge lightly with pepper, lay it on a greased broiler and broil with the flesh side down over a clear fire; then turn, and broil the skin side. Be careful, as it will burn very quickly on this side. When done lay it on a hot dish and spread with butter, and serve with Maitre d'Hotel sauce.

*Broiled Halibut.*

Have the steak cut one inch thick, wash it quickly and dry it with a towel, place it on a broiler and broil over a clear fire (not too hot) for ten minutes until a nice brown on one side; then turn and broil on the other side. Put on a hot dish, spread with butter, dredge with salt and pepper on both sides, garnish with parsley and serve.

*Broiled White-Fish (fresh.)*

Wash and drain the fish; sprinkle with pepper and lay with the inside down upon the gridiron, and broil over fresh bright coals. When a nice brown turn for a moment on the other side, then take up and spread with butter. This is a very nice way of broiling all kinds of fish, fresh or salted. A little smoke under the fish adds to its flavor. This may be made by putting two or three cobs under the gridiron.

*Broiled Shad.*

After dressing remove the backbone, also head, tail and fins. Baste on both sides with butter and broil. Moisten with butter while



broiling. Ten minutes will cook a moderate sized fish; fifteen minutes a large one. Season with salt. Place on a hot platter and garnish with Saratoga potatoes. For sauce, Maitre d'Hotel Butter.

### *Boiled Bass.*

Put enough water in the pot for the fish to swim in, easily. Add half a cup of vinegar, a teaspoonful of salt, an onion, a dozen black peppers, and a blade of mace. Sew up the fish in a piece of clean net, fitted to its shape. Heat slowly for the first half hour, then boil eight minutes, at least, to the pound, quite fast. Unwrap, and pour over it a cup of drawn butter, based upon the liquor in which the fish was boiled, with the juice of half a lemon stirred into it. Garnish with sliced lemon.

### *Salmon Steak and Potatoes.*

Dredge the steak with pepper and salt some time before cooking, brush with melted butter (this may be done with a feather), and broil ten minutes, same as a beefsteak. Heat the platter. Have new potatoes ready boiled, cut them in quarters and lay a double border around the steak. Melt a bit of fresh butter and pour over it hot, also the juice of one half lemon. Garnish the potatoes with sprigs of parsley.

### *Boiled Cod.*

Lay the fish in cold water, a little salt, for half an hour. Wipe dry and sew up in a linen cloth, coarse and clean, fitted to the shape of the piece of cod. Have but one fold over each part. Lay in the fish-kettle, cover with boiling water, salted at discretion. Allow nearly an hour for a piece weighing four pounds.

### *Fried Salt Mackerel.*

Salted mackerel should be placed in an earthen dish of cold water several hours before it is cooked. In cooking place it in cold water, let it boil, then turn off the water and pour over it one-half cup of sweet cream. Roll a piece of butter, size of an egg, in flour and add to the cream. Let it boil. Serve at once. White fish may be prepared in the same way.

## BAKED FISH AND STUFFING.

Eight good-sized onions chopped fine; half that quantity of bread-crumbs; butter size of hen's egg; plenty of pepper and salt, mix thoroughly with anchovy sauce until quite red. Stuff your fish with this compound and pour the rest over it, previously sprinkling it with a little red pepper. Shad, pickerel, and trout are good the same way. Tomatoes can be used instead of anchovies, and are more economical. If using them take pork in place of butter and chop fine.

### *Baked Haddock.*

Choose a nice fish of about six pounds, which trim and scrape nicely, gutting it carefully, fill the vacuum with a stuffing of veal, chopped ham, and bread-crumbs, sew up with strong thread, and shape the fish round, putting its tail into its mouth, or, if two are required, lay them along the dish reversed—that is, tail to head; rub over with plenty of butter, or a batter of eggs and flour, and then sprinkle with bread-crumbs. Let the oven be pretty hot when put in. In about an hour the fish will be ready. Serve on the tin or aisset in which they have been baked, placing them on a larger dish for that purpose. Mussel sauce is a good accompaniment.

### *Baked White-fish.*

Fill the fish with a stuffing of fine bread-crumbs and a little butter, sew up the fish; sprinkle with butter, pepper and salt. Dredge with; flour and bake one hour, basting often, and serving with parsley sauce or egg sauce.

### *Baked Pickerel.*

Remove the head, scale, wash and wipe dry. Remove the bones by securing the head and taking hold of the back-bone and pulling downward; then cut fish in two pieces lengthwise; make a dressing of one pint of milk put over the fire in a Farina boiler, and when it has reached boiling point add gradually a piece of butter about the size of an egg,

into which there has been stirred 3 tablespoonfuls of flour. Season with salt and pepper, and let it come to a boil again. Be sure and have this thick enough so that it will not run. Put half of the fish in a buttered baking pan and lay on the dressing, which will not run off if of the proper consistency, and lay over this the other half of the fish, seasoned with salt and pepper, and dredge with flour. Pour in one cup of boiling water in bottom of pan and bake until done. This is delicious.

### *Bass and Pike.*

These large fish are suitable for baking. Cleanse and fill with stuffing. Sew the fish up, spread thickly with butter, dredge with flour, fry a good sized slice of pickled pork quite brown. Add one cup of boiling water, lay the fish in this and bake one hour; baste frequently. Remove the fish when done, add browned flour and butter to the gravy, cook a few minutes, then pour around the fish. Garnish with thin slices of lemon and sprigs of parsley. Fish may be baked without the pork by using hot dripping or butter.

### *Salmon and Caper Sauce.*

Two slices of salmon, one-quarter pound butter, one-half teaspoonful of chopped parsley, 1 shallot; salt and pepper to taste.

Lay the salmon in a baking dish, place pieces of butter over it and add the other ingredients, rubbing a little of the seasoning into the fish; place in the oven and baste it frequently; when done, take it out and drain for a minute or two; lay it in a dish, pour caper sauce over it, and serve. Salmon dressed in this way, with tomato sauce, is very delicious.

### *Baked Blue Fish.*

Scale and cleanse the fish. Dry with a clean cloth, and fill the inside with the above stuffing. Sew up and put in a baking pan with a slice of pickled pork, a bit of onion, salt and dripping or butter. Pour in enough water to prevent burning. Bake half or three-quarters of an hour, basting frequently. Remove the fish carefully to a platter. Pour enough water in the pan for gravy. Season with pepper and salt and thicken to the consistency of cream—pour over the fish, add a few slices of lemon and a few sprigs of parsley.

### *Boiled Fish.*

Sew up the fish in a piece of clean net, fitted to its shape. Heat slowly, then boil eight minutes, at least, to the pound, quite fast. Unwrap, and pour over it a cup of drawn butter.

### *Cod Fish Cakes.*

First boil soaked cod, then chop it fine, put to it an equal quantity of potatoes boiled and mashed; moisten it with beaten eggs or milk, and a bit of butter and a little pepper; form it in small, round cakes, rather more than a half inch thick; flour the outside, and fry in hot lard or beef drippings until they are a delicate brown; fry gently, in boiling hot lard when they are put in; when one side is done turn the other.

### *Halibut Steak a la Flamande.*

Take a halibut steak an inch and a half thick, wash and wipe it dry. Butter the bottom of a roasting pan, sprinkle it with chopped onion, salt and pepper; put the fish on top of this, brush it over with the yolk of an egg, sprinkle thickly with chopped onion, parsley, salt and pepper, pour over it a teaspoonful of lemon juice, cover with a tablespoonful of butter cut into small bits and bake in a moderate oven thirty minutes. Serve on a hot dish, with Bechamel sauce and garnish with slices of lemon and parsley.

### *Boiled Shrimps.*

Wash and boil the same as crabs. When cold, twist the body and tail shells apart, carefully, so as not to break the meat, which remove in one piece. Serve same as crabs.

### *Dried or Smoked Salmon.*

Cut the fish down the back, take out the entrails, and roe, scale it, and rub the outside and in with common salt, and hang it to drain for twenty-four hours.

Pound three ounces of saltpetre, two ounces of coarse salt and two of coarse brown sugar; mix these well together, and rub the salmon over every part with it; then lay it on a large dish for two days; then rub it over with common salt, and in twenty-four hours it will be fit to dry. Wipe it well, stretch it open with two sticks, and hang it in a

chimney, with a smothered wood fire, or in a smoke house, or in a dry, cool place. Shad done in this manner are very fine.

### *Planked Shad.*

This is the very best way of cooking shad: The plank should be three inches thick, two feet long, one and a half feet wide and of well-seasoned hickory or oak. Pine or soft wood gives the fish a woody taste. Take a fine shad just from the water, scale, split it down the back, clean it, wash well and immediately wipe dry. Dredge it with salt and pepper. Place the plank before a clear fire to get very hot. Then spread the shad open and nail it, skin side next to the hot plank, with four large-headed tacks. Put it before the fire with the large end down; in a few minutes turn the board so that the other end will be down, and do this every few minutes until the fish is done. To tell when it is done pierce it with a fork; if the flesh be flaky it is done. Spread with butter and serve on the plank, or draw the tacks carefully and slide the shad on to a hot dish.

The whitefish caught in the lakes are excellent when cooked like planked shad.

### *How to Cure and Smoke Shad, etc.*

Scale, cut the fish up the back, clean, and take out the roe. Wipe the fish with a damp cloth but do not wash them. To twenty pounds of fish allow 1 pint of salt, 1 pint brown sugar and 1 ounce of saltpeter. Mix these all well together. Rub the fish well inside and out with this mixture. Put one fish over the other with a board on top, and on this place heavy weights to press them down. Allow them to remain so for sixty hours, then drain them, wipe dry, stretch open and fasten with small pieces of stick. Smoke them for five days in a smokehouse or in a box, or some such place, over a smothered wood fire.

Whitefish, salmon and other large fish may be smoked in the same way.

### *Cbowder.*

Cut some slices of pork very thin, and fry them out dry in the dinner-pot; then put in a layer of fish cut in slices on the pork, then a layer of onions, and then potatoes, all cut in exceedingly thin slices; then fish, onions, potatoes again, till your materials are all in, putting some



salt and pepper on each layer of onions; split some hard biscuits, dip them in water, and put them round the sides and over the top; put in water enough to come up in sight; stew for over half an hour, till the potatoes are done; add half a pint of milk, or a teacup of sweet cream, five minutes before you take it up. Remove the bones if you can as it is much better.

### *Fish a la Reine.*

One pound of cold boiled fish, 1 tablespoonful of butter, 1 tablespoonful of flour, half a pint of milk or cream, yolk of 1 egg, 3 chopped mushrooms, 1 tablespoonful of chopped parsley, salt and pepper to taste. Pick the fish into small pieces. Put the butter in a frying pan, and when melted, add the flour, mix, then add the milk and stir constantly until it boils. Add the fish, mushrooms, salt and pepper, and stand the frying pan over the teakettle until the fish is thoroughly heated. Now beat the yolk of the egg lightly, add it and the parsley, mix all carefully together, and serve at once in paper cases or shells.

### *Cusk a la Creme.*

One pint of pieces of cold cooked fish, yolks of 2 eggs, 1 pint of milk, 1 blade of mace, 1 bay leaf, 1 sprig of parsley, 1 small piece of onion, 1 tablespoonful of butter, 2 tablespoonfuls of flour. Put the milk on to boil in a farina boiler, add to it the mace, onion, parsley and the bay leaf. Rub the butter and flour together and stir into the milk when boiling, cook two minutes, add the well-beaten yolks of the eggs, take from the fire, and strain. Add salt and pepper to taste. Put a layer of this sauce in the bottom of a baking dish, then a layer of the fish, then another layer of the sauce, and so on until all is used, having the last layer sauce. Sprinkle the top lightly with bread crumbs and put in the oven until a nice brown. Serve in the same dish.

This may also be served in individual dishes. (Philadelphia style.)

### *Salmon Cutlets.*

Cut the slices one inch thick, and season them with pepper and salt; butter a sheet of white paper, lay each slice on a separate piece, with their ends twisted; boil gently over a clear fire, and serve with anchovy or caper sauce. When higher seasoning is required, add a few chopped herbs and a little spice.

### *Codfish Balls.*

Shred cold boiled codfish very fine, add to it an equal quantity, (or even more), of mashed potatoes. Moisten with 1 beaten egg, or 2 or 3 tablespoonfuls of sweet milk. Season with pepper and a little butter. Make small flat cakes, flour and fry brown in hot dripping or lard. A more delicate dish is made by dipping the balls in beaten egg, then in bread crumbs and drop in boiling lard, fry like fritters or croquettes. This is a more healthful method, as less lard is absorbed. Some cooks add a dash of sage or thyme to the seasoning. This is a very nice breakfast dish.

### *Baked Canned Salmon.*

1 can salmon, 1 cup drawn butter. Shred the salmon carefully, removing the bones. Season with pepper. Pour into a buttered pudding dish. Cover  $\frac{1}{2}$  inch deep with fine bread crumbs, cover and bake fifteen minutes, then uncover and let it brown. This dish may be made with cold boiled salmon.

### *Boiled Codfish and Oyster Sauce.*

Take a fresh cod, lay it in cold, salted water half an hour, then put it into a bag made of cloth, and dredged with flour; sew up the end and put the fish into boiling water, slightly salted. Some like the flavor of a few cloves or peppers added to the water. This will require cooking quite a little time, and in order to test whether it is thoroughly done, pull on the fins gently, and if they come out easily, the fish is done. Remove the bag carefully so as not to break the fish, lay on the platter, and garnish with oyster sauce made in the following manner:

### *Oyster Sauce for the above.*

Take one-half pint of oysters, add a half cup of water, and scald in a farina boiler. Take out the oysters and season the liquor with salt, pepper and butter. Add to this a cup of milk containing a half teaspoonful of flour; let come to a boil, add the oysters, and send to the table in a gravy dish. The fish can be garnished with slices of hard boiled eggs if desired.

### *Cream Codfish (Salt).*

Take a piece of salt codfish; shred in small pieces and squeeze out once or twice with cold water; then pour on milk and cream, let come to

a boil, and thicken with butter, into which has been stirred a half-teaspoon of flour; let come to a boil, then stir into this a beaten egg. This can be served alone on the platter by itself, or poured over toast. It is excellent for breakfast with baked potatoes.

### *Stewed Carp.*

Scale the fish, cut off the head, tail and fins. Mix 1 tablespoonful of salt, half a teaspoonful of pepper and a quarter of a teaspoonful of mace together, and rub the carp inside and out with it. Stand it in a cold place for one and a half hours. Then put it into a kettle, as for boiled fish, and cover it with boiling water; add 1 small onion, a sprig of parsley and one teaspoonful of sweet marjoram; let this *simmer* ten minutes to every pound. When done, dish and serve with cream sauce.

### *Eels a la Tartare.*

Two pounds of eels, 1 carrot, 1 onion, a little flour, 1 glass of sherry; salt, pepper, and nutmeg to taste; bread-crumbs; 1 egg, 2 tablespoonsful of vinegar.

Rub the butter on the bottom of the stew pan; cut up the carrot and onion, and stir them over the fire for five minutes; dredge in a little flour; add the wine and seasoning, and boil for half an hour. Skin and wash the eels, cut them into pieces, put them to the other ingredients, and simmer till tender. When they are done take them out, let them get cold, cover them with egg and serve.

### *Fried Eels.*

After cleaning the eels well, cut them in pieces two inches long; wash them and wipe them dry; roll them in wheat flour or rolled cracker, and fry as directed for other fish, in hot lard or beef dripping, salted. They should be browned all over and thoroughly done.

Eels are sometimes dipped in batter and then fried, or into egg and bread crumbs. Serve with crisped butter.

## FROGS.

### *Fried Frogs.*

The hind legs of frogs are the only part used as food. They are usually sold skinned in the markets; but if you get them out of town,

they must be skinned and thrown into boiling water for five minutes. Take out and put them in cold water until cold, then wipe dry. Season with salt and pepper, dredge with flour and fry a nice brown in butter. Serve with fried parsley around them, or with cream sauce. (Palmer House).

### *Stewed Frogs.*

One dozen frogs, 1 tablespoonful of butter, 1 tablespoonful of flour, one-half pint of stock, yolk of 1 egg, salt and pepper to taste. Prepare the frogs same as for frying. Put the butter in a frying pan; when brown add the flour, mix until smooth, add the stock and, when it boils, throw in the frogs and simmer ten minutes; add salt and pepper, take from the fire, add the beaten yolk and serve at once.



## MEAT AND FISH SAUCES AND GRAVIES.



### *Cream Sauce.*

One tablespoonful of flour, half pint of cream or milk, 1 tablespoonful of butter, half teaspoonful of salt, 2 dashes of pepper. Melt the butter, being careful not to brown it; add the flour, mix until smooth; then add the cream or milk, stir continually until it boils; add salt and pepper, and use at once. If you are not quite ready to use it, stand it over boiling water to keep warm, stirring frequently to prevent a crust from forming on the top.

This sauce may be used with lobster chops, sweetbreads, chicken chops, and other similar dishes.



### *Drawn Butter.*

Two tablespoonfuls of butter, 1 tablespoonful of flour, half pint of boiling water, half teaspoonful of salt. Mix the butter and flour to a smooth paste in a bowl, place the bowl over the fire in a pan of boiling water, add the half pint of boiling water gradually, stirring all the while until it thickens; add the salt. Take from the fire and use immediately. The great point in preparing drawn butter is to take from the fire as soon as it thickens. For this sauce it is very essential to have good butter. Serve with asparagus, boiled fish, cauliflower, etc.

### *Caper Sauce.*

Make a drawn butter, according to the recipe given, add to it one large tablespoonful of capers.

This is nice served with boiled mutton or fish.

### *Mint Sauce.*

Mix one tablespoonful of white sugar to half a teacup of good vinegar; add 2 tablespoonsful of mint and let it infuse for half an hour in a cool place before sending to the table. Serve with roast lamb or mutton.

### *Onion Sauce.*

Peel 1 dozen small onions, put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil half an hour, then drain and press through a fine sieve. Make a white sauce, add the onions to it, let it boil up once, and it is ready for use.

This is nice with boiled fowl.

### *Egg Sauce.*

Chop two hard boiled eggs quite fine, the white and yelk separately, and stir it into the sauce before serving. This is used for boiled fish or vegetables.

### *Cbili Sauce.*

Twenty-four large ripe tomatoes, 7 white onions, medium size, 2 small green peppers—all chopped fine; 5 cups vinegar; 2 tablespoons salt, 1 cup sugar—heat vinegar and sugar, add the other ingredients, boil 1 hour; seal up. Spices may be added, if liked—about a tablespoon each of allspice and cinnamon, less of cloves.

*Brown Sauce No. 1.*

One tablespoonful of butter, half pint of stock, 1 tablespoonful of flour, half teaspoonful of onion juice, half teaspoonful of salt, eighth teaspoonful of white or black pepper. Melt the butter, stir until a dark brown, add the flour, mix well; add the stock, and stir continually until it boils; add onion juice, salt and pepper, and it is ready to use.

*Brown Sauce No. 2.*

One-quarter pound of bacon, 1 tablespoonful of flour, 1 tablespoonful of Worcestershire sauce, half pint stock, 1 tablespoonful of mushroom catsup, 1 tablespoonful of sherry, if you use wine, salt and pepper to taste. Slice the bacon, put it in a frying pan and try out all the fat. Take out the bacon, add the flour, stir until smooth; add the stock, stir continually until it boils; add the Worcestershire sauce, mushroom catsup, salt and pepper; take from the fire, and add the wine.

*Sauce for Game.*

Half a tumbler of currant jelly, half a tumbler of port wine, half a tumbler of stock, half a teaspoonful of salt, two tablespoonfuls of lemon juice, four cloves, a speck of Cayenne. Simmer the cloves and stock together for half an hour. Strain on the other ingredients, and let all melt together. Part of the gravy from the game may be added to it.

Let boil up, pour over the game and garnish the platter with parsley tops and sliced lemon—serve hot—to be served with mashed potatoes.

*Bread Sauce.*

Half pint grated bread crumbs, 1 pint sweet milk, and 1 onion; boil until the sauce is smooth, take out onion and stir in 2 spoons butter with salt and pepper; boil once, and serve with roast duck or any kind of game.

*Sauce Tartare.*

Half pint of mayonnaise dressing, 3 olives, 1 gherkin, 1 tablespoonful of capers. Chop the olives, gherkin, and capers very fine, add them to the dressing, and it is ready for use. You may add a half teaspoonful of powdered coriander seed, or 1 tablespoonful of tarragon vinegar. Serve with smelts, lobster chops, or cold meat dishes.

### *Mushroom Sauce.*

Make brown sauce No. 2, and add to it 1 pint of fresh or canned mushrooms; if the first, simmer gently for fifteen minutes; if the latter, only five. Take from the fire and add the wine, if you use it. The fat must be very brown before adding the flour, or the sauce will be muddled. Serve with broiled steak, fillet, veal cutlets, and other similar dishes.

### *Currant Jelly Sauce.*

Make brown sauce No. 1, and add to it 4 tablespoonfuls of currant jelly; let it boil up once, and it is ready to use.

This is served with game.

### *Curry Sauce.*

Add 1 teaspoonful of curry powder and 1 teaspoonful of onion juice to the recipe for drawn butter.

### *Green Tomato Soy.*

Two gallons green tomatoes sliced, 12 large onions sliced, 2 quarts vinegar, 1 quart sugar, 2 tablespoons each of salt, spoon of anchovy sauce (or a teaspoon of essence), a pinch of salt, cayenne, and pounded mace, and the sifted spawn. Mix well, add the lobster, heat till near boiling.

### *Apple Sauce.*

Peel, quarter and core rich, tart apples; put to them a very little water, cover them and set them over the fire; when tender mash them smooth, and serve with roasted pork, goose, or any other gross meat.

### *Anchovy Sauce.*

After soaking 2 anchovies in cold water for 2 hours, put them in a pint of cold water in a stewpan, and let simmer until the fish are dissolved. Strain the water, add 3 tablespoons vinegar and a cup of melted butter. Let simmer 15 minutes longer. Serve with boiled fish or meat.

### *Anchovy Sauce—Of the essence.*

Stir 2 tablespoons of anchovy essence into a cup of melted butter, Season with a pinch of cayenne and mace. Let boil up for one or two minutes.

### *Cranberry Sauce.*

One quart of cranberries, 2 cupfuls sugar and a pint of water; wash the cranberries, put on the fire with the water in a covered saucepan; stew together over a moderate but steady fire. Be careful to cover and not to stir the fruit, but occasionally shake the vessel, or apply a gentler heat if in danger of sticking or burning. If attention to these particulars be given, the berries will retain their shape to a considerable extent, which adds greatly to their appearance on the table. Boil from five to seven minutes, remove from fire, turn into a deep dish and set aside to cool. If to be kept, they can be put up at once in air-tight jars. Or, for strained sauce, one and a half pounds of fruit should be stewed in one pint of water for ten or twelve minutes, or until quite soft, then strained through a colander or fine wire sieve, and three-quarters of a pound of sugar thoroughly stirred into the pulp thus obtained; after cooling it is ready for use. Serve with roast turkey or game. When to be kept for a long time without sealing, more sugar may be added, but its too free use impairs the peculiar cranberry flavor.

### *Oyster Sauce.*

Take a pint of oysters, and save out a little of their liquor. Put them with their remaining liquor and some mace and nutmeg, into a covered saucepan, and simmer them on hot coals about ten minutes. Then drain them. Oysters for sauce should be large. Having prepared in a saucepan some drawn or melted butter (mixed with oyster liquid instead of water), pour it into a sauceboat, add the oysters to it, and serve it up with boiled poultry, or with boiled fresh fish. Celery, first boiled and then chopped, is an improvement to oyster sauce.

### *Caper Butter.*

One tablespoon chopped capers, 1 tablespoon butter, 1 saltspoon salt, a pinch of pepper. Serve with boiled fish.

### *Drawn Butter Sauce.*

Half cup butter, dessertspoon of flour rubbed well together. Put into a saucepan with one cup water or stock. Cover and set in a larger vessel of boiling water. Keep moving the saucepan. Season with salt and pepper. When thoroughly mixed, take off. Do not let boil.

### *Celery Sauce.*

Mix two tablespoons of flour with half a teacup of butter; have ready a pint of boiling milk; stir the flour and butter into the milk; take three heads of celery, cut into small bits, and boil for a few minutes in water, which strain off; put the celery into the melted butter, and keep stirred over the fire for five or ten minutes. This is very nice with boiled fowl or turkey.

### *Governor's Sauce.*

One peck green tomatoes, four large onions, six red peppers, one teacup grated horseradish, one teaspoon Cayenne and one of black pepper, one teaspoon mustard, half cup sugar; slice the tomatoes and sprinkle one teacup salt on and lay all night; drain well in the morning, then simmer all together till cooked through.

### *Shad Roe Sauce.*

Wash 2 shad roes well in cold water. Put them in a small saucepan, add a teaspoonful of salt, cover with boiling water; put the lid on the saucepan, and simmer gently for fifteen minutes. Drain, remove the outer skin, and mash fine. Make a white sauce, add the roe gradually to it, boil up once, and it is ready for use.

Serve with baked shad.

### *Champagne Sauce.*

Make brown sauce No. 1, omitting the onion juice; take from the fire, add 1 gill of champagne.

This is suitable for game. It may be varied by adding 1 gill of port wine instead of champagne.

### *Parsley Sauce.*

Make a drawn butter as directed, dip a bunch of parsley into boiling water, then cut it fine, and stir into the drawn butter a few minutes before taking it up.

### *Asparagus Sauce.*

Boil 12 tender heads of asparagus in a very little salted water. When done, drain and chop. Have ready a pint of drawn butter, with



2 raw eggs beaten into it, add the cooked asparagus, and season with salt and pepper, squeezing in the juice of half a lemon. The butter must be hot, but do not cook after adding the asparagus. This accompanies boiled fowls, stewed fillet of veal, or boiled mutton.

### *Mushroom Sauce.*

About  $\frac{1}{2}$  pint of button mushrooms, or an equal bulk of mushroom flaps, wiped carefully and cut into small pieces. Put into a cup of boiling water with a tablespoon of butter, and pepper and salt to taste. Let simmer very gently for 10 minutes. Then thicken with a tablespoon of flour mixed with a tablespoon of butter. Add the juice of half a lemon. Serve with roast meats.

### *French Mustard.*

Two tablespoonsful prepared mustard, one of granulated sugar; add to this two-thirds teacup of vinegar, a little at a time, working it all into a smooth paste. Place over the stove and cook three or four minutes stirring all the while. This mustard is a great improvement over plain mustard that is not cooked.

### *Tomato Sauce.*

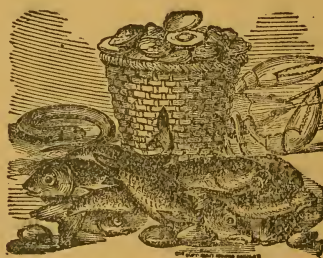
Can be cheaply made either from fresh tomatoes or canned. Take a quart of ripe tomatoes, put over the fire in a stewpan, and slice into it one lemon and a little pepper and salt; simmer twenty minutes, then strain through a sieve. Melt in another pan a lump of butter and as it melts stir in a tablespoonful of flour. When brown, add the tomatoes and it is ready for the table.

### *Currant Jelly Sauce.*

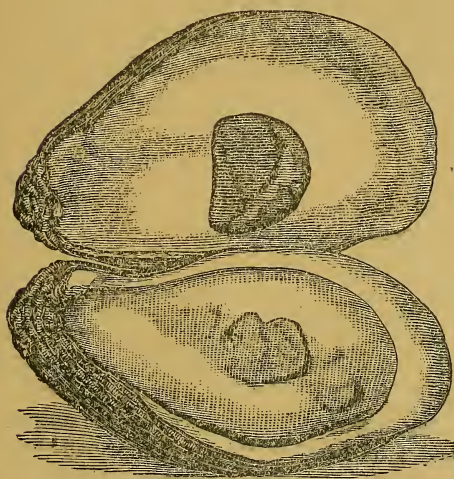
Three tablespoonsful of butter, one onion, one bay leaf, one sprig of celery, two tablespoonsful of vinegar, half a cupful of currant jelly, one tablespoonful of flour, one pint of stock, salt and pepper. Cook the butter and onion until the latter begins to color. Add the flour and herbs. Stir until brown; add the stock, and simmer twenty minutes. Strain, and skim off all the fat. Add the jelly, and stir over the fire until it is melted. Serve with game.

*To Prepare Horseradish for Winter.*

In the fall, mix the quantity wanted in the following proportions: A coffee cup of grated horseradish, 2 tablespoons white sugar, half a teaspoon salt, and a pint and a half cold vinegar; bottle and seal. To make horseradish sauce, take 2 tablespoons of the above, add 1 dessert-spoon olive oil (or melted butter or cream), and 1 of prepared mustard.



## SHELL FISH.

OYSTERS CRABS, LOBSTERS, CLAMS, SHRIMPS,  
AND TURTLES.

"Blessed if I don't think that ven a man's werry poor he rushes out of his lodgings and eats oysters in reg'lar desperation."—*Pickwick Papers*.

*Oysters.*

The ease with which they are prepared for the table, and the great variety of ways in which they may be cooked and served, make them a great favorite with housekeepers.

R comes too seldom in the yearly calendar for the lover of the

oyster. But it is nevertheless a fact that they are in season only from September to May.

Oysters in the shell must be kept in a cool cellar, and occasionally sprinkled with salt water. When fresh, the shell is firmly closed; if open, the oyster is dead and unfit for use. For the freshness of canned oysters it is necessary to trust to the dealer, but never buy cans the sides of which are swollen. In preparing them for cooking or for the table, carefully remove all bits of shell. Never salt oysters for soups or stews till just before removing them from the fire, or they will shrivel up and be hard, and do not add butter. In frying, *a little baking-powder* added to the cracker dust or corn-meal in which they are rolled will greatly improve them. Roasting in the shell preserves the natural flavor. *Always serve immediately after cooking*, no matter what method is used.

### *Raw Oysters.*

Blue Points are nicest for serving raw, as they are small and fat, and are considered the finest in the market.

### *Served in a Block of Ice.*

Take a perfectly clear block of ice, weighing about ten pounds. Heat a flat-iron, and with it mark out the space to be melted, leaving a wall about an inch and a half thick. Reheat the iron and with it melt the ice in the center of the block; heat again, and continue the operation until you have a perfectly square cavity, leaving the bottom and sides about one and a half inches thick. Empty all the water carefully out, fill the cavity with freshly opened oysters. Fold a napkin and place it on a large flat dish; stand the ice on this, and garnish the dish with smilax and nasturtium flowers; here and there, among the smilax, lemon quarters may be placed.

In large cities, ice moulds of different varieties are frozen to order and furnished by caterers.

### *Served on the Half-shell.*

Allow six oysters to each person. Wash the shells well; open them carefully; take off the upper shell, detach the oyster from the under shell, but leave it there. Put six on an oyster or round plate, and serve with a piece of lemon in the center of the dish. (Boston Oyster House,—Chicago).

### *Stewed Oysters (in Milk and Cream).*

Take one quart of oysters and pour off the liquor. Add to the liquor a teacup of hot water, a little salt and pepper, and place in a farina boiler over a hot fire. When it comes to a boil, add the oysters and again let it come to a boil or until they ruffle. Add a teaspoonful of butter and a pint of rich milk, or better still, half milk and half cream. Serve at once. If desired, a few crackers can be crumbled in the cream, over which the oysters can be poured.

### *Stewed Oysters, No. 2.*

Some people do not like milk or cream in oysters. In such a case, put over the stove a quart of water in the stew-pan and let come to a boil; then add as much oysters and liquor as desired, season, let come to a boil, and serve at once.

### *Pan Oysters, No. 1.*

Put twenty-five oysters in a colander and wash by pouring cold water over them; allow them to drain ten minutes; do not save either the water or liquor. Put an iron frying pan over a quick fire to heat; as soon as it is *hissing* hot, throw in the oysters and shake and stir until they boil; then add salt, pepper, and a piece of butter the size of a large walnut. Serve in a hot dish immediately.

These are very nice, retaining all the natural flavor of the oyster.

### *Oysters Fried in Batter, No. 1.*

*Ingredients.*—One-half pint of oysters, 2 eggs, one-half pint of milk, sufficient flour to make the batter; pepper and salt to taste; when liked, a little nutmeg; hot lard.

Scald the oysters in their own liquor, beard them, and lay them on a cloth to drain thoroughly. Break the eggs into a basin, mix the flour with them, add the milk gradually, with nutmeg and seasoning, and put the oysters in a batter. Make some lard hot in a deep frying pan; put in the oysters, one at a time; when done, take them up with a sharp-pointed skewer, and dish them on a napkin. Fried oysters are frequently used for garnishing boiled fish, and then a few bread-crumbs should be added to the flour



### *Oyster Cocktail.*

Open half dozen small oysters and drop them, with their juice, into a deep oyster cocktail glass, add a little lemon juice, three drops of Tobasco sauce, a teaspoonful of Worcestershire sauce; mix well and serve. Horse-radish may be served on the side. Lettuce or cucumber sandwiches, size of a dollar, may be served with this course.

### *Broiled Oysters.*

Select the oysters carefully—the plump, fat ones are the best—dry on a towel. Take a double wire gridiron, rub thoroughly with the best butter. Spread the oysters carefully on one side of the gridiron and fold the other down upon them. Have a clear fire. Broil quickly, first on one side and then the other, turning but once. Season with salt and pepper. Melt a little butter. Serve the oysters with this. Garnish the dish with olives and parsley, and serve instantly.

### *Boston Oyster Pie.*

Take a quantity of oysters, put in a saucepan and cook in their own liquor, or, if necessary, add a little water; boil three or four medium-sized potatoes until done, then cut in slices; line a pudding dish half way up its sides with puff paste, turn a small teacup bottom up in the middle of the dish to keep up the top crust, put in first a layer of oysters and then a few potatoes, season with bits of butter and a little salt and pepper and dredge with flour; add another layer of oysters, and so on till the dish is filled; add the liquor in which the oysters were cooked. There should be as much liquid as for chicken or other meat pie. Cover with top crust, cut places for steam to escape, and bake three-fourths of an hour

### *Red Herrings or Yarmouth Bloaters.*

The best way to cook these is to make incisions in the skin across the fish, because they do not then require to be so long on the fire, and will be far better than when cut open. The hard roe makes a nice relish by pounding it in a mortar, with a little anchovy, and spreading it on toast.

If very dry, soak in warm water, one hour before dressing.

### *Oyster Croquettes.*

One quart of oysters, 1 cup of cream or milk, 1 tablespoonful of butter rubbed in 2 tablespoonfuls of flour. Pepper and salt to taste.

Heat the cream; when it boils, add the butter and flour, stirring constantly; when perfectly smooth add the oysters and seasoning. Cook five minutes; when cold roll into croquettes. When perfectly firm dip in beaten egg, roll in cracker crumbs and fry in boiling fat. Garnish with sliced lemons.

### *Oyster Fritters.*

Twenty-five oysters, 2 eggs, 1 cup of milk, 1 teaspoonful of salt, 2 dashes of black pepper, 2 cupfuls of flour, one-half teaspoonful of baking powder

Drain the oysters and strip them with your fingers to remove any pieces of shell that may have been left on them. Chop them fine. Beat the eggs all together until very light, add to them the milk, then the flour and salt, and beat until perfectly smooth; add the oysters (free from all liquor), and the baking powder; mix well, and drop by spoonfuls in *boiling* oil or fat; when browned on one side, turn and brown on the other. When done, take out with a skimmer, as it makes them very heavy to pierce them with a fork.

### *Mock Oysters.*

Grate corn, while green and tender, with a coarse grater, into a deep dish. To every pint of pulp allow 2 eggs, 2 heaping teaspoonfuls of flour, half teaspoonful of salt, 1 dash of cayenne, 1 dash of black pepper. Beat the eggs separately; add first the yolks and then the whites to the corn, mix gently, add the salt, cayenne pepper and flour; mix again. Put 2 tablespoonfuls of lard or butter in a frying pan; when hot, drop the mixture by spoonfuls into it; when brown on one side, turn and brown the other. Serve very hot.

### *Oysters on Toast.*

Take a quart of oysters and put in a stew-pan, set them where they will boil up. Salt, pepper and butter to your taste. Have ready nicely-browned toast, previously moistened in boiling water, and well buttered. Arrange this in a dish and pour over it the boiling oysters, and serve at once. If this gravy is too rich, add a little milk to the oyster liquor.

### *Scalloped Oysters.*

Butter an oyster scallop or pudding dish. Put in a layer of bread crumbs with bits of butter, then a layer of oysters, season with pepper and salt. Repeat this until the dish is full, leaving a layer of crumbs with bits of butter on the top. Mix the liquor with milk or cream. Pour over the top. Bake twenty minutes. When done, if not sufficiently browned, heat a shovel very hot and hold over the top until it is a rich brown, or uncover the dish and brown in the oven.

### *Fricassee of Oysters.*

One large tablespoonful of butter, 1 large tablespoonful of flour,  $\frac{1}{2}$  pint of milk, yolks of two eggs, 1 teaspoonful of chopped parsley. Salt and pepper to taste.

Boil the oysters in their own liquor. Put the butter in a frying-pan, and, when melted, add the flour; mix until smooth; now add the milk, stir until it boils; add the oysters and a half cup of the liquor, salt and pepper, and stir again until it boils. Take from the fire, add the yolks of the eggs lightly beaten, and the parsley; serve at once.

### *Turkey Wings with Oyster Dressing.*

Take the wings of several fowls, or if in a small family and you do not wish to order several turkeys, other parts of the fowl can be used instead. Cut up in small pieces and boil as you would chicken, until thoroughly done. In another sauce pan on the stove have ready one quart of oysters, which have come to a boil in their own liquor; add to the oysters one cup of rich milk, or half milk and half cream, season with salt, pepper and butter, let come to a boil and pour this in with the turkey, and let all boil up together. Thicken with one tablespoonful of butter into which has been stirred two tablespoonfuls of flour; let come to a boil and serve. This served at lunch is excellent, or a fine appetizer for dinner. Pieces of turkey left over from the dinner can be used up in this way, and really makes a very palatable dish.

### *Oyster Filling for Poultry.*

A sixteen pound turkey will require 25 oysters, 1 tablespoonful of chopped parsley, 1 teaspoonful of sweet marjoram, 1 quart of stale bread

crumbs, 1 tablespoonful of butter, 1 teaspoonful of salt, pepper to taste. Drain the oysters, wash them in cold water and drain again. Mix the crumbs, salt, pepper, parsley and sweet marjoram together; add the butter, melted, and then the oysters, and it is ready for use.

## CRABS.

Crabs, like oysters, are sold alive, or boiled; they should be heavy for their size.

### *To Boil Crabs.*

Take 1 dozen heavy crabs and boil, the same as lobster, for three-quarters of an hour. When done and cold, twist off the claws, take off the upper shells and remove the spongy substance on the outside. See that the under part is free from sand. Arrange them nicely on a flat dish, garnish with parsley and serve with them oil, vinegar, salt and pepper, allowing each person to dress his own.

### *Deviled Crabs.*

Twelve nice, heavy crabs, half pint of cream, 2 tablespoonfuls of flour, one-quarter of a nutmeg grated, 1 tablespoonful of salt, 1 tablespoonful of butter, 1 tablespoonful of chopped parsley, yolks of 4 hard-boiled eggs, salt and cayenne to taste. Put the crabs in warm water, add the salt and put the kettle over a brisk fire. Boil thirty minutes. Take up and drain; break off all the claws, separate the shells, remove the spongy fingers, and the stomach, which is found under the head. Pick out all the meat. Put the cream on to boil; rub the butter and flour together and add to the boiling milk; stir, and cook for two minutes. Take from the fire and add the crab meat, the yolks of the hard-boiled eggs mashed fine, the parsley, the nutmeg, salt and cayenne. Clean the upper shells of the crabs, fill them with the mixture, brush over with beaten egg, cover with bread crumbs and put in a quick oven to brown; or better, put them in a frying-basket and plunge into boiling fat or oil until a nice brown. (Atlantic City style.)

### *Scolloped Crabs.*

Pick out all the meat of the crab and mix thoroughly; add to it one-third its quantity of bread crumbs, a good lump of butter, divided into little bits; season with salt and pepper, a dust of grated nutmeg

and a dessertspoonful of vinegar or lemon juice sprinkled over the mass. Mix all equally together. Clean out the bottom shell of your crab, and fill it with the mixture; what is left you may put in scallop-shells or tins. Set them into a moderately hot oven. When hot through and slightly browned on the surface they are fit to serve on a dish covered with a napkin, the crab-shell in the middle and the scallop-shells around it, garnished with sprigs of parsley.

### *Crabs (Soft Shell).*

Crabs may be boiled the same as lobsters. By many they are considered a great delicacy. There are several ways of cooking them: one is by frying, another by stewing, and a good way is in the following manner: Wash and wipe the crabs dry, dip them in beaten egg and then in bread crumbs which have been well seasoned with salt and pepper; fry in boiling lard for ten minutes. When done, drain a moment and arrange on the platter and garnish with parsley. Crabs are usually cooked alive when fried in this manner.

### *Lobster with Cecil Sauce.*

Take a can of lobster; cut the meat into small pieces. Put a tablespoonful of butter into a frying pan, and when melted add 1 tablespoonful of flour; mix until smooth, add 1 gill of cream, 1 gill of stock, and stir constantly until it boils; add the lobster, salt and pepper to taste. Heat thoroughly, take from the fire, add the beaten yolk of 1 egg, and a tablespoonful of chopped parsley. This may be served in paper cases or individual dishes.

### *Boiled Lobster.*

These crustaceans are usually sold ready-boiled. When served, crack the claws and cut open the body, lay neatly on a napkin-covered dish, and garnish with a few sprigs of parsley. Lobster so served is usually eaten cold.

### *Curried Lobster.*

Pick out the meat of two *red* lobsters from the shells into a shallow saucepan, in the bottom of which has been placed a thin slice of tasty ham, with a little Cayenne pepper and a teaspoonful of salt. Mix up half a cupful of white soup and half a cupful of cream and pour over the



meat. Put it on the fire and let it simmer for about an hour, when you will add a dessertspoonful of curry, and another of flour rubbed smooth in a little of the liquor taken out of the pot; in three minutes the curry will be ready to dish. Some add a dash of lemon to this curry (I don't), and the cream can be dispensed with if necessary. Put a rim of well-boiled rice round the dish if you like, or serve the rice separately. Canned lobsters can be used if preferred.

### *Scolloped Lobster.*

Line the bottom of a pudding dish with cracker or stale bread crumbs; then put in a layer of lobsters seasoned with salt, pepper and butter, and so on until the dish is full, having the top layer of crumbs. Lay small lumps of butter over the top, pour over half a pint of cream; set it in the oven and bake half an hour. **Serve at once.**

## CLAMS.

There are two varieties of clams, the small sand or little necks, and the mud clams or quahaugs. The first are very much the best, and are in season almost the whole year.

### *Clam Chowder (Delicious).*

Take one bucket of clams and remove the shells. This can be done by pouring on boiling water and let stand a few minutes. The shells will then open and the clams can be easily taken out. Have ready a half teacup of salt pork, cut up fine, the same amount of onions, chopped, and the same of potatoes, cut into small pieces. First, fry out the pork very gently, and when the scraps are a good brown take them out and put in the onions. Fry the onions delicately; that is, do not let them burn, in which case the flavor would be ruined. Add a quart of hot water to the onions after they are nicely fried, add the pork scraps and the clams with the clam water, which should be boiled first until they are done and then chopped fine. Put all together, let boil, add the potatoes, and when all is cooked the chowder is complete, but just before it is taken up thicken with a cup of powdered crackers and add a quart of fresh milk. If too rich, add a little more water. Throw in a dash of pepper and the chowder is ready for use.

### *Clam Fritters.*

Take fifty small or twenty-five large sand clams from their shells; if large, cut each in two, lay them on a thickly folded napkin; put a pint bowl of wheat flour into a basin, add to it two well-beaten eggs, half a pint of sweet milk, and nearly as much of their own liquor; beat the batter until it is smooth and perfectly free from lumps; then stir in the clams. Put plenty of lard or beef fat into a thick bottomed frying pan, let it become boiling hot; put in the batter by the spoonful; let them fry gently; when one side is a delicate brown, turn the other.

### *Soft-Shelled Clams.*

These are very fine if properly prepared. They are good only during cold weather and must be perfectly fresh.

Soft shelled clams may be boiled from the shells, and served with butter, pepper and salt over.

They should be of medium size, heavy and perfectly fresh. Remove the shells carefully; wash the mussels and soak in cold water for ten or fifteen minutes, then drain.

### *Stewed Clams.*

Take 50 large sand clams from their shells, and put to them equal parts of their own liquor and water, nearly to cover them; put them in a stewpan over a gentle fire for half an hour; take off any scum as it rises, then add to them a teacup of butter in which is worked a tablespoon of wheat flour, and pepper to taste; cover the stewpan and let them simmer for 15 minutes longer, then serve. Pour it over toast if desired. Substituting milk for water makes them more delicate and white. Any other than sand clams require an hour to stew; that is, three-quarters of an hour before putting in the seasoning.

### *Fried Clams.*

Clams may be fried the same as oysters.

### *To Roast Clams.*

Wash them and put on a gridiron over the hot coals. When the shells open, remove the upper one, and serve in the under shell at once with a bit of butter and a little pepper on each.

### *Shrimps.*

Of all fish belonging to the lobster species, shrimps are the smallest. They are of two kinds, the Gulf shrimps or prawns being the largest. They are sold by the quart, already boiled, in some markets, but in the Northern cities the canned goods are convenient and very nice. Those put up by Dunbar & Co., and White, are the best.

### *Fried Smelts.*

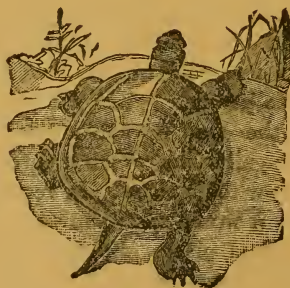
Egg and bread crumbs, a little flour, boiling lard. Smelts should be very fresh, and not washed more than is necessary to clean them. Dry them in a cloth, lightly flour, dip them in egg, and sprinkle over with very fine bread crumbs, and put them into boiling lard. Fry of a nice pale brown, and be careful not to take off the light roughness of the crumbs, or their beauty will be spoiled. Dry them before the fire on a drainer, and serve with plain melted butter.

### *Stewed Terrapin.*

Two terrapins, one half pound of butter, one half pint of thick cream, one gill of currant jelly, six eggs, salt and pepper to taste. Put the terrapins alive into *boiling* water, and boil ten or fifteen minutes, or until you can pull off the outer skin and the toe nails. Then put them back in fresh boiling water, add a teaspoonful of salt and boil slowly until the shells part easily. When done take out, remove the under shell, and let stand until cool enough to handle. Then take them out of the upper shells; carefully remove the sand bags, bladders, the thick heavy part of the intestines, and the gall sacks, which are found imbedded in one lobe of the liver, and throw them away. In removing the gall sack, be careful not to break it, as it would spoil the whole terrapin. Break the terrapin into convenient sized pieces, cut the small intestines into tiny pieces and add them to the meat; now add the liver broken up, also all the eggs found in the terrapins. Now put it into a stewing-pan with the juice or liquor it has given out while being cut. Roll the butter in flour, add it to the terrapin, and stand on a very moderate fire until heated. Boil the six eggs for fifteen minutes, take out the yolks, mash to a smooth paste with two tablespoonfuls of the jelly, then add this, the cream and seasoning, to the terrapin, let it boil up once; take from fire, add the jelly and serve.

*Turtle.*

Plunge the turtle while yet alive into boiling water. When life is extinct, remove the outer skin and the toe nails. Then rinse well, and boil in salted water until perfectly tender. Then take off the shells, remove the gall and sand bag carefully, and clean the terrapin thoroughly. Next cut the meat and entrails into small pieces, saving all the juice, put into a saucepan without water and season to your taste with salt, Cayenne and black pepper. Add for each terrapin butter the size of an egg made smooth with a tablespoon of flour. A few tablespoons of cream should be added last. Many persons add the yolks of three or four hard boiled eggs just before serving. While cooking it should be stirred very often—and must be dished up and eaten very hot.

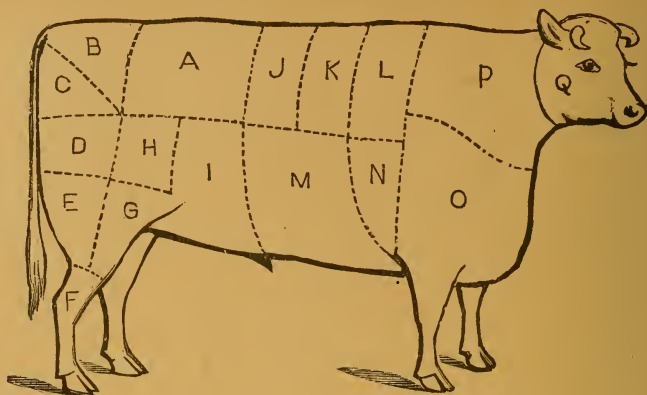


## CARVING.

Every one should learn to carve, and to do it well and gracefully. A carver should not stand when it can be avoided, but should use a chair somewhat higher than the ordinary size. The carving can then be done more gracefully and effectively. As more depends upon skill than strength, the platter and meat should be arranged conveniently near, and directly opposite. See that the knife has a keen edge; then begin by cutting thin slices, placing them neatly to one side of the platter, from which place slices can be easily served. Avoid breaking or separating to any appreciable extent the flakes when serving fish. It is not best either to use steel knives and forks with fish, as they are apt to impart an unpleasant flavor to the fish. Better use a silver or silver plated fish trowel. Guests should be asked whether they will have a portion of the dressing or stuffing, if it is to be served. Many persons find the flavor of stuffing very disagreeable. Avoid heaping things up on the plates, and endeavor to serve each person with a like portion of the tidbits and choicest morsels. To preserve the temper and cutting qualities of a carving knife, do not allow it to come in contact with intense heat. A carving knife should be used for no other purpose than to carve.

To know the parts of the animals sold in the markets and their economical uses is essential to successful marketing, and valuable knowledge to every housekeeper. Different butchers vary the cutting of animals, but knowing the location of the different parts and their relative values, a judicious selection of meats can always be made in buying. The accompanying charts, if studied, will teach the locations of the different parts, the usual methods of cutting animals, and the technical terms applied.





## BEEF.

## FORE QUARTER.

- J. Fore ribs (five ribs), considered a prime roast piece.
- K. Middle ribs (four ribs), for roasts.
- L. Chuck ribs, for second choice roasts.
- M. Brisket, for soups, corned beef, etc.
- N. Shoulder, for pot roasts, stews, soups, hash, mince meat, etc.
- O. Sticking piece (neck), for sausages, mince pie meat, stock soups, etc.
- P. Same as O in name and uses.
- Q. Cheek.

## HIND QUARTER.

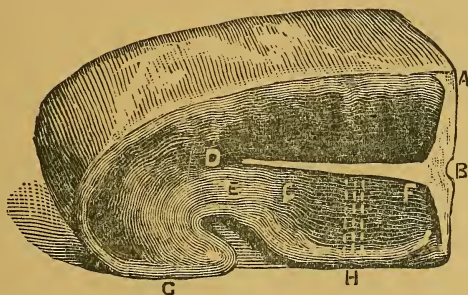
- A. Porterhouse and sirloin steaks; also choice roasts.
- B. Rump, for corned beef, stews and steaks.
- C. Aitch bone, for pot roasts, stews, etc.
- D. Round or buttock, for steaks, pot roasts and boiling.
- E. Round, for boiling and stewing.
- F. Shin, for hashes, soups, etc.

G. Thick flank, for stews, corned and pressed beef; also a nice boiling piece.

H. Veiny piece, for dried and corned beef.

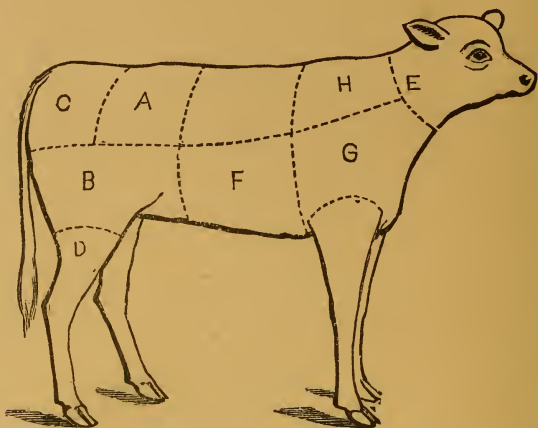
I. Thin flank, for corned beef, boiling, etc.

The tongue is used fresh, salted, smoked or pickled. It is quite a delicacy, suitable for table use at any time. The tail is prized for soups. The heart and liver are frequently stuffed and roasted; the liver, though, is more frequently fried with onions. The tripe, or lining of the stomach, is used for sauce, pepper-pot, etc. The kidneys are considered a delicate dish stewed. Suet, the clear fat which incloses the kidneys, is prized for pie crust, puddings, mince meat, etc. The feet can be used for jellies.



SIRLOIN OF BEEF.

To carve a sirloin of beef, cut with one good firm stroke from end to end of the joint, at the upper portion, making the cut very clean and even from A and B to C, then disengage it from the bone by a horizontal cut exactly to the bone B to D, using the tip of the knife. Bad carving bears the knife away to the rind of the beef, eventually, after many cuts, peeling it back to the other side, leaving a portion of the best of the meat adhering to the bone. Every slice should be clean cut and even, and the sirloin should cut fairly to the very end. Many persons cut the under side while hot, not thinking it so good cold; but it is a matter of taste, and so is the mode of carving it. The best way is to first remove the fat, E, which chops up well to make puddings, if not eaten at the table; then the under part can be cut, as described above, from end to end, F to G. or downward as shown by the lines at H.



## VEAL.

### HIND QUARTER.

- A. Loin, for choicest chops and roasts.
- B. Fillet, for cutlets and roasts.
- C. Loin, the chump end, for chops and roasts.
- D. Knuckle or hock, for meat pies, pot pies and stews.

### FORE QUARTER.

- E. Neck, for chops, stews and roasts.
- G. Breast for same uses as E, and pot roasts as well as for baking.

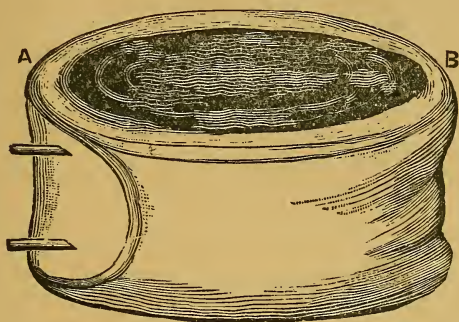
H. Neck, for broth, meat pies and stews.

The hind quarter is usually cut into portions called loin and leg; the fore quarter into neck and shoulder, fore quarter and breast.

The best veal is from calves four to six weeks old. Younger than this, it is not wholesome, while if older its character changes from the use of grasses and strong food.

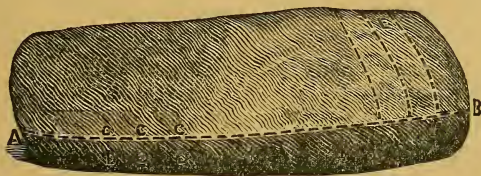
To carve a fillet of veal, thin slices should be cut from the whole of the top, transversely, as shown by the cut from A to B. To prepare

for roasting, the bone should be taken out, and the cavity filled with stuffing or dressing. To hold the roast securely together, use skewers and tie it with tape. A fillet of veal is cut from the leg above the knuckle, and is a choice meat for roast. Always roast until thoroughly



FILLET OF VEAL.

brown, as veal not thoroughly cooked is unwholesome. A prime roast usually weighs from eight to twelve pounds. Cut lemon adds to the flavor. The usual accompaniments are sausage balls, bacon, greens and possibly fried pork.

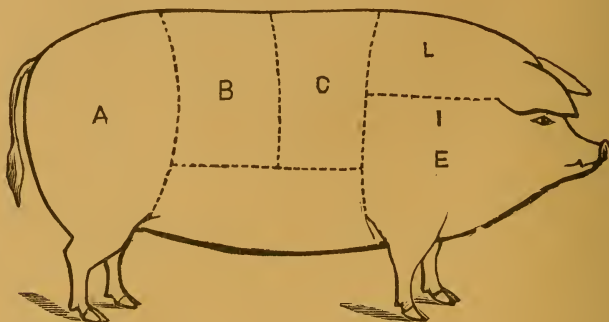


BREAST OF VEAL.

To carve a breast of veal, roasted, first separate it into two parts—it rightly consists of two—the rib bones and the gristly brisket. This is done by cutting in the direction of the lines A and B, shown by cut. Divide the gristly part in the direction of C and D, to serve to those who prefer it. This part of a breast of veal stewed is particularly tender and inviting. The ribs are to be separated in the direction of E

and F; serve with a part of the breast a slice of the sweetbread cut across the middle—this suggestion is made on the supposition that the sweetbread is retained and skewered to the back in preparing the roast.

## PORK.



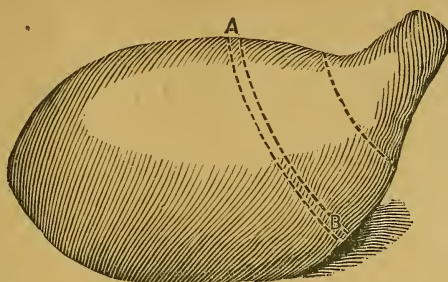
The accompanying cut shows the usual way of cutting for domestic use.

- A. The leg, for roasts and smoked hams.
- B. Sirloin, for chops and roasts, furnishing the choicest.
- C. Fore loin, furnishes second choice roasts, chops, etc.
- L. Neck, furnishes inferior roasts, and boiling pieces; also used for corning.
- E. Shoulder, used mostly for pickling and smoking, and is fine for boiling, whether fresh or corned.

The head is used for head cheese, puddings, etc.; jowl is nice for smoking; the belly or flitch is a good boiling piece either fresh, smoked or salted; the feet are much used for souse and for pickling.

To carve a ham the most economically, begin at the knuckle end and cut thin slices toward the upper part. Many prefer to begin with the choicest part which is obtained by cutting through to the bone in the direction of the lines A to B, as shown in above cut. Artistic carving will result in thin and evenly cut slices from either side. Occasionally a carver will prefer to first cut from A to B, and then cross cut lengthwise of the ham. Never send to the table until the skin has





HAM.

been removed after cooking. Dots of dry pepper or dry mustard will improve the appearance, and make the ham more inviting. The manner of carving ham as here explained, will apply to leg of pork as well.

## ROAST PIG.

Nowadays it is considered better taste to have the cook partially carve roast pig before sending to the table. This can easily be done by cutting the shoulder and leg from the body, and separating the ribs into small portions to suit convenience. Roast pig should be served hot, and with the head divided and served in the same platter.

## RIBS OF PORK.

To carve a sparerib of pork, slice off the fleshy parts; then disjoint and separate the bones.

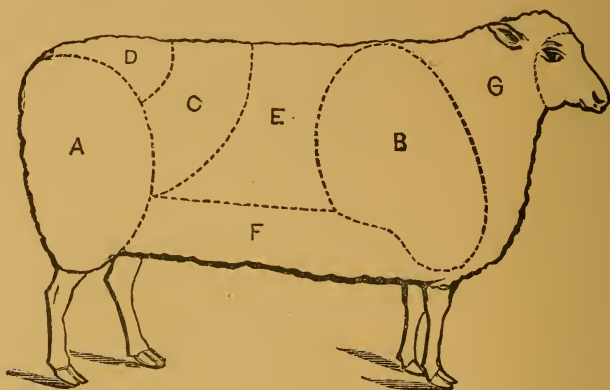
## MUTTON.

Mutton is cut substantially the same in all markets as shown by following illustration.

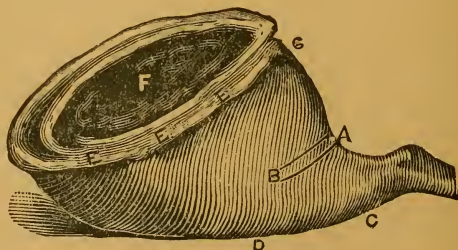
C. Loin, best end; used for filling and roasting, and furnishes fine chops.

A. Leg, nearly always used for chops, roasting, and sometimes for boiling.

- E. Loin, second choice, used for chops and roasts.
- D. Loin, rump end, for boiling and roasting.
- B. Shoulder, used for boiling, filling and roasting.
- F. Breast and flank, used for stews, meat pies and cheap roasts.
- G. Neck, used mostly for stews.



Of the head, only the tongue is used. Mutton is generally split down the back and each half cut into two parts called hind and fore-quarters. A saddle of mutton is the middle portion before the quartering is done.

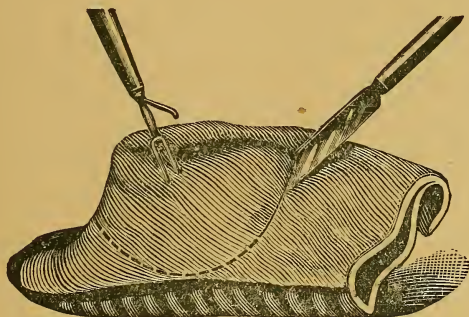


LEG OF MUTTON.

Sheep from three to six years old furnish the best and most nutritious mutton; at this age the animal is in its prime, and the flesh is firm, full of rich juices, and dark colored. At an age younger, the meat

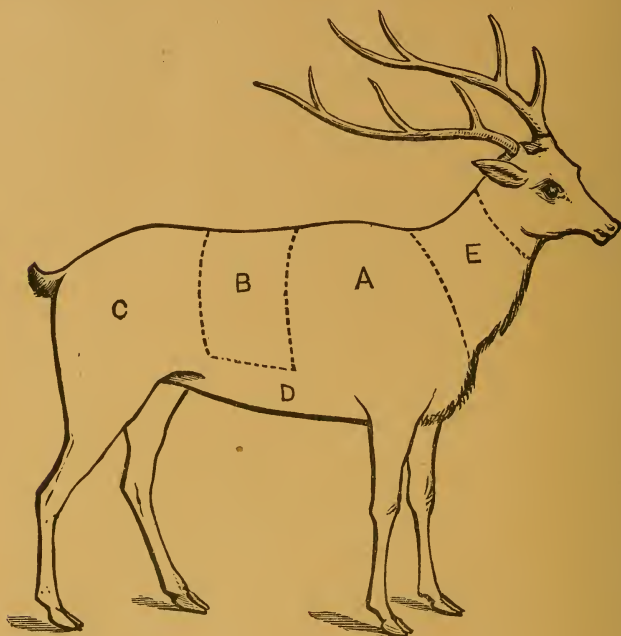
lacks flavor, and is apt to be pale and flabby, particularly at about two years.

To carve a roast leg of mutton, cut the bone from A to B as shown in the above cut. Slicing from either side will secure the best parts. The broad end will furnish good cuts which should be sliced in the direction from E to F—the center. The most delicious part is obtained by cutting to the bone at D; the cutting should be continued in a semi-circle in the direction of C to obtain the cramp-bone. The meat is always drier near the knuckle, but the most finely grained part is obtained from the under side, which should be carved lengthwise.



FORE QUARTER OF LAMB.

In carving a fore-quarter of lamb, the shoulder should first be separated from the breast and ribs; this can be done by cutting with a sharp knife through the skin in the direction of the dotted line, as shown in the above illustration. With the fork firmly fixed into the shoulder, a little force will raise it sufficiently so that but little more cutting will be necessary to remove the shoulder successfully. For convenience, place the shoulder on a separate dish. Then after separating the ribs from the brisket, each can easily be divided into portions to suit. As many persons have a decided preference for particular parts of fore quarter of lamb, it is always well before serving, for the carver to ascertain which part is preferred.



## VENISON.

Buck venison is best from August to November; doe venison from November to January. It is a common custom to freeze venison, and keep it frozen for months. Without doubt it improves the fiber of the meat. The parts of venison cut are designated as follows:

A. Shoulder, used for roasts. It can be boned and stuffed for either baking or roasting.

B. Fore-loin, furnishes steaks and roasts.

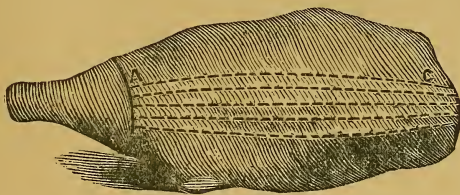
C. Haunch, used for steaks, roasts, stews, pickling and smoking.

D. Breast, for baking, stewing, etc.

E. Neck (scrag), for soups, etc.

The female deer furnishes the best venison at the age of about four years. The fatter venison is the better it is, and if young, the meat will be a dark red.

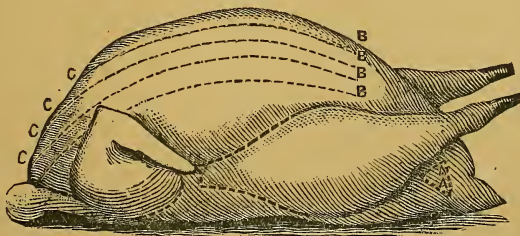
It is not a difficult task to carve a haunch of venison. First cut it across down to the bone in the line A B; then turn the dish with the knuckle farthest from you; put in the point of the knife and cut down as deep as you can in the direction shown by the dotted lines A B to C; cut the slices from either side as desired. The knife should slope in making the first cut, and the whole of the gravy will be received in the well. It is held by real epicures that some parts of the haunch are better



HAUNCH OF VENISON.

flavored than others, but it is doubtful whether ordinary palates can detect any difference. Slices of venison should not be cut thick, and plenty of gravy should be served with them; but as there is a special sauce made for this meat with red wine and currant jelly, the guest should be asked if he pleases to have any. The fat is very apt to get cool soon, and become hard and disagreeable to the palate; it should, therefore, be served on a waiter dish, if possible.

## ROAST TURKEY.

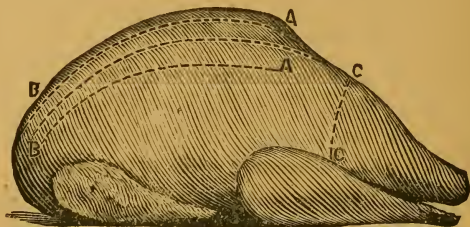


**To** carve a turkey, cut the strings and remove the skewers used in trussing. With the neck end at the right hand, insert the fork firmly in



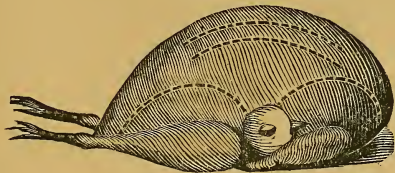
the lower part of the breast, and do not remove it until through carving. B, in the cut, shows where the fork goes into the turkey. The legs and wings should be easily separated from the body by cutting through the joints next the body, after which unjoint the parts cut off at the middle joint. The breast should be sliced evenly by cutting downward and from B to C, laying the slices on one side of the platter. Serve with the meat a portion of dressing obtained by dipping out of the opening as shown by A in the above diagram. Be considerate and learn the tastes of the guests as to the dressing and the different parts of the meat in serving. Most people have a decided preference, and there is no objection to expressing a choice when asked.

## ROAST GOOSE.



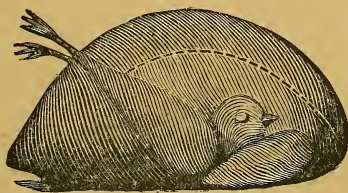
To carve roast goose, begin by turning the neck end of the goose toward you, and cutting the whole breast in long slices from one wing to the other, as shown in cut by the lines A, B. To take off the leg, insert the fork in the small end of the bone, pressing it to the body; put the knife in at A, turn the leg back, and if the bird be young, it will easily come away; if old, we will not answer for it. To take off the wing, insert the fork in the small end of the pinion, and press it close to the body; put the knife in at B, and divide the joint. When the leg and wing are off one side, attack the other. The back and lower side bones as well as the two side bones by the wing, may be cut off. The best pieces of the goose are the breast and the thighs. Serve a little of the seasoning from the inside by making a circular slice in the apron at C. Should there be no stuffing, a glass of wine, a little orange gravy or vinegar may be poured into the body of the goose at the opening made in the apron by the carver for this purpose.

## PHEASANT.



To carve roast pheasant, fix the fork in the center of the breast, and cut slices off evenly on either side. Should there be more guests to partake of the pheasant than these slices of the breast will satisfy, disengage the legs and wings in the same manner as is done when carving boiled fowl. In taking off the wings, be careful not to cut too near the neck; if you do you will hit upon the neck bone from which the wing must be separated. Cut off the merry thought by passing the knife under it toward the neck. Cut the other parts as in a fowl. The breast, wings and merry thought of a pheasant are the most highly prized, but the leg has a superior flavor.

## PARTRIDGE AND QUAIL.



Roast partridge is cut up in the same way as a fowl. The prime parts of this bird are the wings, breast and merry-thought. When the bird is small, the two latter parts are not divided. The wing is considered the best, and the tip of it is deemed the most delicate morsel of the whole. Partridges are cleaned and dressed in the same manner as a pheasant, but the custom of tucking the legs into each other should be avoided, as it makes troublesome carving. In connection with the

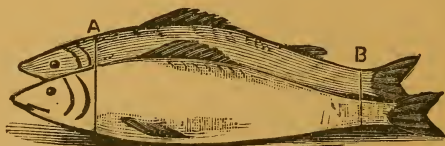
subject of carving, it cannot be too often repeated that more information will be gained by observing those who carve well and by a little practice, than by any written directions.

## FOWLS.

Poultry should be young, plump and fat; the meat is not savory if old and tough. This is especially true of ducks and geese. In the opinion of many persons to let poultry hang a day or two to make it high, improves the flavor. In dressing poultry care should be taken not to break the gall. Clean and wash every part carefully, singe the hair by holding the fowl over a burning paper, remove carefully the pin feathers and the oil bag at the end of the back. The legs should be cut off at the joint next to the feet. Wash and rinse the inside several times after everything has been removed. Remove the extra fat, slit open the heart and gizzard, and after carefully cleaning, put them to soak in water.

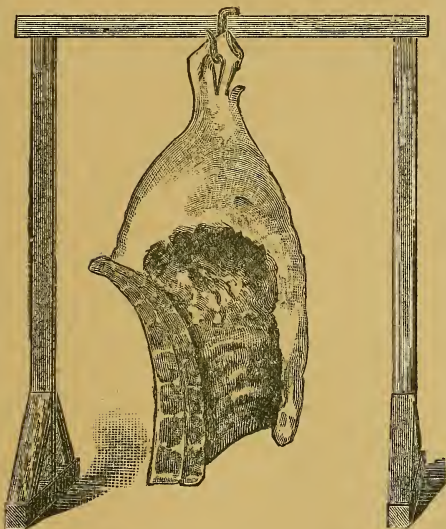
Ducks and geese are carved in a similar manner, as also are turkeys and chickens. Smaller birds which need carving, may simply be split lengthwise just beside the breast bone and the spine. Their bones can be cut easily. This will apply to pigeons, partridges, prairie hens, pheasants, etc.

## FISH.



After removing the head and tail by cutting downward as shown by the lines A and B, split the fish down the back. Each guest can then be served more easily, and the flakes held whole or intact. Divide the roe into small pieces, and thus serve each guest. Fish in general cooked whole can be carved as explained. When fish are large and only a part is cooked, good judgment will guide one in carving and serving.

## MEATS AND SUITABLE SAUCES.



*Roast Beef:* Tomato sauce, grated horseradish, mustard, cranberry sauce, pickles.

*Roast Pork:* Apple sauce, cranberry sauce.

*Roast Veal:* Tomato sauce, mushroom sauce, onion sauce and cranberry sauce. Horseradish and lemons are good.

*Roast Mutton:* Currant jelly, caper sauce.

*Boiled Mutton:* Onion sauce, caper sauce.

*Boiled Fowls:* Bread sauce, onion sauce, lemon sauce, cranberry sauce, jellies. Also cream sauce.

*Roast Lamb:* Mint sauce.

*Roast Turkey:* Cranberry sauce, currant jelly.

*Boiled Turkey:* Oyster sauce.

*Venison or Wild Ducks:* Cranberry sauce, currant jelly, or currant jelly warmed with port wine.

*Roast Goose:* Apple sauce, cranberry sauce, grape or currant jelly.

*Boiled Fresh Mackerel:* Stewed gooseberries.

*Boiled Blue Fish:* White cream sauce, lemon sauce.

*Boiled Shad:* Mushroom sauce, parsley or egg sauce.

*Fresh Salmon:* Green peas, cream sauce.

Pickles are good with all roast meats, and in fact, are suitable accompaniments to all kinds of meats in general.

Spinach is the proper accompaniment to veal; green peas to lamb.

Lemon juice makes a very grateful addition to nearly all the insipid members of the fish kingdom. Slices of lemon cut into very small dice and stirred into drawn butter and allowed to come to the boiling point, served with fowls, is a fine accompaniment.

### *Vegetables Appropriate to Different Meats.*

Potatoes are good with all meats. With fowls they are nicest mashed. Sweet potatoes are most appropriate with roast meats, as also are onions, winter squash, cucumbers and asparagus.

Carrots, parsnips, turnips, greens and cabbage are generally eaten with boiled meat, and corn, beets, peas and beans are appropriate to either boiled or roasted meat. Mashed turnip is good with roast pork and with boiled meats. Tomatoes are good with almost every kind of meats, especially with roasts.

To be a good cook, one must be a good judge of meats. Beef is in most general favor, and takes natural precedence in the list.

### *To Choose Pork.*

If the rind of pork is tough and thick, and cannot easily be impressed with the finger, it is old.

If fresh, the flesh will look cool and smooth; when moist or clammy it is stale. The knuckle is the first to become tainted. If you perceive many enlarged glands, or, as they are usually termed, kernels, in the fat of the pork, the pork cannot be wholesome.



You can always tell good mutton by the bright red color and the firmness of the grain. The fat is also white and clear.

If a roast is rolled by the butcher, have him send home the bones for soup.

In boiling fresh meat, to make it rich and nutritious, it should be placed in a kettle of boiling water (pure soft water is best), skimmed well as soon as it begins to boil, and placed where it will slowly but constantly boil. The meat should be occasionally turned and kept well under the water, and fresh hot water supplied, as it evaporates very rapidly in boiling.

No salt should be added until the meat is nearly done, as it extracts the juices if added too soon.

Salt meat should be put on in cold water so that it may freshen in cooking. Allow twenty minutes to the pound for fresh, and thirty-five for salt meats, the time to be modified, of course, by the quality of the meat. A pod of red pepper in the water will prevent any unpleasant odor from filling the house.

Roasting proper is almost unknown in these days of stoves and ranges—baking, a much inferior process, having taken its place. In roasting the joint is placed close to a brisk fire, turned so as to expose every part to the heat, and then moved back to finish in a moderate heat. The roast should be basted frequently with the drippings, and, when half cooked, with salt and water, which has a tendency to keep the meat moist.

To roast in oven, the preparations are very simple. The fire must be bright and the oven hot. The roast will need no washing if it comes from a cleanly butcher; wiping with a towel dampened in cold water is all that is needed; if washing is necessary, dash over quickly with cold water and wipe dry.

If the oven is too hot to hold the hand in for only a moment, then the oven is right to receive the meat.

While the meat is in the oven, keep the fire hot and bright, baste several times, and when about half done turn it, always keeping the thick part of the meat in the hottest part of the oven. Take care that every part of the roast, including the fat of the tenderloin, is cooked so that the texture is changed.

If the fire has been properly made, and the roast is not large, it should not require replenishing, but, if necessary, add a little fuel at a time, so as not to check the fire, instead of waiting until a great deal must be added to keep up the bright heat. Most persons like roast beef and mutton underdone, and less time is required to cook them than for pork and veal or lamb, which must be very well done. Fifteen minutes to the pound and fifteen minutes longer is the rule for beef and mutton, and twenty minutes to the pound and twenty minutes longer for pork, veal and lamb. The directions for beef apply equally well to pork, veal, mutton and lamb.

Broiled meats, to retain their juice, should be broiled over red hot coals, entirely free from smoke, and the coals sufficiently low enough in the grate so as not to sear the meat when first placed over the heat.

Turn steaks and chops frequently, that every part may be evenly done—do not stick a fork into the lean part; always in the fat or outer skin. When the meat is broiled sufficiently, it should be laid on a hot buttered dish and seasoned. The best pieces for broil are the porter-house, sirloin and rump.

To thaw frozen meat, place in a warm room over night, or lay it for a few hours in cold water—the latter plan being the best. The ice which forms on the surface as it thaws, is easily removed. If cooked before it is entirely thawed, it will be tough. Meat once frozen should not be allowed to thaw until just before cooking.

Beef suet may be kept a long time in a cool place without freezing, or by burying it deep in the flour barrel so as to entirely exclude the air.

The garnishes for meats are parsley, slices of lemon, sliced carrot, sliced beets, and currant jelly.

### *To Choose Pork.*

If the rind of the pork is rough and thick and cannot easily be impressed with the finger, it is old. Measly pork is almost poisonous, and may be easily detected; the fat being full of small kernels. Swill or still-fed pork is not fit for curing; either dairy or corn-fed is good.

Salt pork for frying can be very much improved by slicing for use and freshening over night in sweet milk, or milk and water can be used, half and half.

Meat that is baking too fast may be covered with a buttered paper.

### *To Keep Meat from Flies.*

Make some sacks of muslin and into this put whatever meats you may have, tie up tightly, and hang in a cool, dark place.

Another good method is to hang the meats in a stove which is not used during the summer months and one that is attached to the chimney. Many families line their stoves with paper and put a bar across and on this bar hang their meats. The fresh air coming down the chimney always preserves their flavor, and also keeps them well protected from flies.

### *Broiled Beefsteak.*

Lay a thick tender steak upon the gridiron over hot coals, having greased the bars with butter before the steak has been put upon it (a steel gridiron with slender bars is to be preferred; the broad flat iron bars of gridirons commonly used fry and scorch the meat, imparting a disagreeable flavor.) When done on one side, have ready your platter warmed, with a little butter on it; lay the steak upon the platter with the cooked side down, that the juices which have gathered may run on the platter, but do not press the meat; then lay your beefsteak again upon the gridiron quickly, and cook the other side. When done to your liking, put again on the platter, spread lightly with butter, place where it will keep warm for a few moments, but not let the butter become oily (over boiling steam is best); and then serve on hot plates. Beefsteak should never be seasoned with salt and pepper while cooking. If your meat is tough pound *well* with a steak mallet on both sides.

### *Beefsteak Smothered in Onions.*

Slice the onions thin and drop in cold water; put steak in pan with a little suet. Skim out onions and add to steak, season with pepper and salt, cover tightly, and put over the fire. When the juice of the onions has dried up, and the meat has browned on one side, remove onions, turn steak, replace onions, and fry till done, being careful not to burn.

### *Beefsteak and Onions.*

Pound steak until tender, and fry a light brown on both sides. In another skillet fry onions, and when ready to serve, spread onions over top.

### *Beefsteak Pie.*

Take some fine tender steaks, beat them a little, season with a salt-spoonful of pepper and a teaspoonful of salt to a two-pound steak; put bits of butter, the size of a hickory nut, over the whole surface, dredge a teaspoonful of flour over, then roll up and cut in pieces two inches long; put a rich pie paste around the side and bottom of a tin basin; put in the pieces of steak, nearly fill the basin with water, add a piece of butter the size of a large egg, cut small, dredge in a teaspoonful of flour add a little pepper and salt, lay skewers across the basin, roll a top crust to half an inch thickness, cut a slit in center; dip your fingers in flour, and neatly pinch the top and side crust together all around the edge. Bake one hour in quick oven.

### *Roast Beef.*

Take a rib-piece or loin-roast of seven to eight pounds. Beat it thoroughly all over, lay it in the roasting dish and baste it with melted butter. Put it inside the well-heated oven, and baste frequently with its own fat, which will make it brown and tender. If, when it is cooking fast, the gravy is growing too brown, turn a glass of German cooking wine into the bottom of the pan, and repeat this as often as the gravy cooks away. The roast needs about two hours' time to be done, and must be brown outside but inside still a little red. Season with salt and pepper. Squeeze a little lemon juice over it, and also turn the gravy upon it, after skimming off all fat.

### *Beef Patties.*

Minced cold cooked beef, fat and lean, very fine; season with chopped onion, pepper, salt and gravy. Half fill patty pans with this and then fill them with mashed potatoes; put a bit of butter on each and brown in a hot oven. Serve at once while hot—garnish the platter with parsley top.

### *Boiled Corned Beef.*

Soak over night if very salt, but if beef is very young and properly corned this is not necessary; pour over it cold water enough to cover it well, after washing off the salt. The rule for boiling meats is twenty-five minutes to a pound, but corned beef should be placed on a part of the stove or range where it will simmer, not boil, uninterruptedly from

four to six hours, according to the size of the piece. If to be served cold, some let the meat remain in the liquor until cold, and some let tough beef remain in the liquor until the next day, and bring it to the boiling point just before serving. Simmer a brisket or plate-piece until the bones are easily removed, fold over, forming a square or oblong piece, place sufficient weight on top to press the parts closely together, and set where it will become cold. This gives a firm, solid piece to cut in slices, and is a delightful relish. Boil liquor down, remove fat, season with pepper or sweet herbs, and save it to pour over finely minced scraps and pieces of beef; press the meat firmly into a mould, pour over it the liquor, and place over it a close cover with a weight upon it. When turned from the mould, garnish with sprigs of parsley or celery, and serve with fancy pickles or French mustard.

*Cornbeef* should be put over to cook in cold water, and not be taken out of the kettle until cold. This will prevent its being dry.

### *A Brown Beef Stew.*

Put on stove a rather thick piece of beef with little bone and some fat; four hours before needed, pour on just boiling water enough to cover, cover with a close-fitting lid, boil gently, and as the water boils away add only just enough from time to time to keep from burning, so that when the meat is tender, the water may all be boiled away, as the fat will allow the meat to brown without burning; turn occasionally, brown evenly over a slow fire, and make a gravy by stirring flour and water together and adding to the drippings; season with salt an hour before it is done.

### *Roast Beef, with Yorkshire Pudding.*

Have your meat ready for roasting on Saturday, always. Roast upon a grating of several clean sticks (not pine) laid over the dripping-pan. Dash a cup of boiling water over the beef when it goes into the oven; baste often, and see that the fat does not scorch. About three-quarters of an hour before it is done, mix the pudding.

### *Yorkshire Pudding.*

One pint of milk, four eggs, whites and yolks beaten separately; two cups of flour—prepared flour is the best; one teaspoonful of salt.

Use less flour if the batter grows too stiff. Mix quickly; pour off the fat from the top of the gravy in the dripping-pan, leaving just enough



to prevent the pudding from sticking to the bottom. Pour in the batter and continue to roast the beef, letting the dripping fall upon the pudding below. The oven should be brisk by this time. Baste the meat with the gravy you have taken out to make room for the batter. In serving, cut the pudding into squares, and lay about the meat in the dish. It is delicious.

### *Beef Heart, Baked or Roasted.*

Cut a beef heart in two, take out the strings from the inside; wash it with warm water, rub the inside with pepper and salt, and fill it with a stuffing made of bread and butter moistened with water, and seasoned with pepper and salt, and, if liked, a sprig of thyme made fine; put it together and tie a string around it, rub the outside with pepper and salt: stick bits of butter on, then dredge flour over and set it on a trivet, or muffin rings, in a dripping pan; put a pint of water in to baste with, then roast it before a hot fire, or in a hot oven; turn it around and baste frequently. One hour will roast or bake it; when done, take it up, cut a lemon in thick slices, and put it in the pan with a bit of butter, dredged in a teaspoonful of flour; let it brown; add a small teacup of boiling water, stir it smooth, and serve in a gravy tureen.

### *Potted Beef.*

Two pounds of lean beef, one tablespoonful of water, one-quarter pound of butter, a seasoning to taste of salt, cayenne, pounded mace, and black pepper. Procure a nice piece of lean beef, as free as possible from gristle, skin, etc., and put it into a jar (if at hand, one with a lid) with one teaspoonful of water. Cover it *closely*, and put the jar into a saucepan of boiling water, letting the water come within two inches of the top of the jar. Boil gently for three and a half hours, then take the beef, chop it very small with a chopping knife, and pound it thoroughly in a mortar. Mix with it by degrees, all, or a portion of the gravy that will have run from it, and a little clarified butter; add the seasoning, put in small pots for use, and cover with a little butter just warmed and poured over. If much gravy is added to it, it will keep but a short time; on the contrary, if a large proportion of butter is used, it may be preserved for some time.

### *Meat Pies.*

Chop up cold roast beef or other meat. Heat it with a cup of water in a spider. Season with pepper, salt and a bit of sage, and thicken with a spoonful of flour mixed in a little cold water. Pour this into a deep pan, and make a crust a trifle richer than biscuit dough, which spread over the top, make an opening in, and bake. Cold potatoes may be added to the meat.

### *Beefsteak Pie.*

Take some fine tender steaks, beat them a little, season with a salt-spoonful of pepper and a teaspoonful of salt to a two-pound steak; put bits of butter, the size of a hickory nut, over the whole surface, dredge a teaspoonful of flour over, then roll it up and cut it in pieces two inches long; put a rich pie paste around the sides and bottom of a tin basin; put in the pieces of steak, nearly fill the basin with water, add a piece of butter the size of a large egg, cut small, dredge in a teaspoonful of flour, add a little pepper and salt, lay skewers across the basin, roll a top crust to half an inch thickness, cut a slit in the center; dip your fingers in flour and neatly pinch the top and side crust together all around the edge. Bake one hour in a quick oven.

### *Fricasseed Tripe.*

Cut a pound of tripe in narrow strips, put a small cup of water or milk to it, add a bit of butter the size of an egg, dredge in a large teaspoonful of flour, or work it with the butter; season with pepper and salt, let it simmer gently for half an hour, serve hot. A bunch of parsley cut small and put with it is an improvement.

### *Broiled Tripe—Fried Tripe.*

Prepare tripe as for frying; lay it on a gridiron over a clear fire of coals, let it broil gently; when one side is a fine brown, turn the other side (it must be nearly done through before turning); take it up on a hot dish, butter it, and if liked, add a little catsup or vinegar to the gravy. Fried tripe is prepared by rolling the pieces in flour and egg or cracker crumb, and frying same as veal or chicken.

### *To Boil Corned Beef.*

Put the beef in water enough to cover it, and let it heat slowly, and boil slowly, and be careful to take off the grease. Many think it

much improved by boiling potatoes, turnips and cabbages with it. In this case the vegetables must be peeled and *all* the grease carefully skimmed as fast as it rises. Allow about twenty minutes of boiling for each pound of meat.

### *A Nice Way To Serve Cold Beef.*

Cut cold roast beef in slices, put gravy enough to cover them, and a wineglass of catsup or wine, or a lemon sliced thin; if you have not gravy, put hot water and a good bit of butter, with a teaspoonful or more of browned flour; put it in a closely covered stew-pan, and let it simmer gently for half an hour. If you choose, when the meat is down, cut a leek in thin slices, and chop a bunch of parsley small, and add it; serve boiled or mashed potatoes with it. This is equal to beef-a-la-mode.

Or, cold beef may be served cut in neat slices, garnished with sprigs of parsley, and made mustard, and tomato catsup in the castor; serve mashed, if not new potatoes, with it, and ripe fruit, or pie or both, for dessert, for a small family dinner.

### *Corned Beef Hash.*

Take the clear pieces of cold corned beef, removing all gristle and bone. Chop fine, add twice the quantity of cold chopped potatoes. Moisten with some of the water the beef was cooked in, grease the spider with the fat that rises when cold. Warm well through. It may be moistened with milk, if preferred. Or, after the meat and potatoes are mixed together, it may be formed into flat cakes, and both sides browned on a flat griddle greased with butter or drippings.

### *Spiced Beef.*

Four pounds of round of beef chopped fine; take from it all fat; add to it three dozen small crackers rolled fine, four eggs, one cup of milk, one tablespoon ground mace, two tablespoons of black pepper, one tablespoon melted butter, packing it well, baste with butter and water and bake two hours in a slow oven.

### *Beef Balls.*

Take cold roast tender beef, fat and lean; mince an onion, add grated bread crumbs, and season with pepper and salt; mix all together and moisten it with an egg beaten; roll it into balls, flour and fry them in boiling fresh dripping.

*Dried Beef in Cream.*

Shave your beef very fine, or have your butcher shave it; brown in butter, pour over it good rich cream and milk, half and half, let it come to a boil. If you have not cream, use butter, and thicken with a very little flour; season with pepper, and serve on toast or not, as you like.

*Pounded Beef.*

Boil a shin of meat until it falls readily from the bone; pick it to pieces; pick out all the hard bits. Set the liquor away; when cool, take off all the fat; boil the liquor down to a pint and a half. Then return the meat to it while hot; add pepper and salt. Let it boil a few times, stirring all the while. This can also be used cold and cut in thin slices for tea.

*Hamburger Steak.*

Take of round steak as much as desired, chop until a perfect mince; it cannot be chopped too fine; to this add a small onion, if desired, chopped fine; season with salt and pepper and make into balls; fry in hot drippings; garnish the platter with celery tops. A brown gravy can be made and poured over the meat if desired. If you have an accommodating butcher he will chop this meat for you and will do it much cheaper and much better; see that no stringy bits go into it. This steak is preferred by many to the regular broiled.

*Beef Salted, or Corned.*

Cut up a quarter of beef. For each hundredweight take half a peck of coarse salt, quarter of a pound of saltpetre, the same weight of saleratus, and a quart of molasses, or two pounds of coarse brown sugar.

Strew some of the salt in the bottom of a pickle tub or barrel; then a layer of meat, strew this with salt, then add another layer of meat, alternately until all is used. Let remain one night. Dissolve the saleratus and saltpetre in a little warm water, and put it to the molasses or sugar; add water enough to cover the meat, lay over a weight to keep it under the brine. The meat is fit for use after ten days. This receipt is for winter beef.

### *Stewed Kidneys.*

Parboil fifteen minutes, covering with cold water, seasoned with salt and red pepper—first cutting off the fat; skim the water as often as necessary. Take out, cut in mouthfuls, strain the liquor, return them to it, adding 1 head of chopped celery, 2 onions chopped, 12 potatoes sliced, and a piece of butter rolled in flour. Season with pepper and stew slowly until the meat and vegetables are tender. This may be made without the potatoes, when less water will be needed. Thicken with flour. To make the stew brown, fry the kidneys in a little butter before stewing.

### *Beef Tongue, Boiled.*

Wash the tongue carefully and soak twenty-four hours, changing the water at least once. Put it over to cook in cold water and boil from four to six hours, according to the size. The skin should always be removed as soon as taken from the pot. It may be served hot with sprigs of parsley over the root. If to be eaten cold, cut off the root, put a weight upon the tongue, and slice very thinly, garnishing with parsley or curled lettuce leaves.

If the tongue is neither corned nor smoked, but perfectly fresh, the soaking may be omitted, and the tongue boiled in slightly salted water, always remembering to put it over to boil in cold water.

### *Deviled Tongue.*

Take boiled beef tongue, chop very fine, season well with black and red pepper and dry mustard; add a couple of tablespoonfuls of vinegar to moisten, press solid and slice thin. "Deviled" means "very hot" or very highly seasoned.

### *To Clarify Beef Drippings.*

Take the odds and ends accumulated from different meats and clarify them in the following manner: Put them into a basin with enough water to cover, and into this slice a raw potato; let it boil long enough for the potato to become thoroughly brown; remove from the fire, and when cool pour off all the fat; turn it into small jars, set it in a cool place for future use. The impurities will all settle at the bottom of the basin and thus leave your drippings sweet and wholesome. Many prefer this to lard.



### *Sweet Breads Fried.*

Parboil them as soon as you get them. Remove the tough parts carefully. Let them lie in cold water a short time before using, then roll in cracker crumbs. Season with salt and pepper, and fry.

### *Sweet Breads with Oysters—Baked.*

Boil the sweet breads tender; it will take but five or ten minutes. Season with pepper and salt, add half a cup of cream, tablespoon butter, yolks of 2 eggs, and thicken with a tablespoon of flour made smooth with a little water. Line the bottom and sides of a deep dish with rich pie-paste. Put in the bottom the same quantity of oysters that you have of sweet breads, then the sweet breads, and fill up with the gravy. Cover with crust, and bake until the crust is done.

### *Boiled Calf Head (without the skin).*

Calf's head, water, a little salt, four tablespoonfuls of melted butter, one tablespoonful of minced parsley, pepper and salt to taste, one tablespoonful of lemon juice.

After the head has been thoroughly cleaned, and the brains removed, soak it in warm water to blanch it. Lay the brains also into warm water to soak, and let them remain for about an hour. Put the head in a stew-pan, with sufficient cold water to cover it, and when it boils add a little salt; take off every particle of scum as it rises, and boil the head until perfectly tender. Boil the brains, chop them, and mix with them melted butter, minced parsley, pepper, salt, and lemon juice in the above proportion. Take up the head, skin the tongue, and put it on a small dish with the brains round it. Have ready some parsley and butter, smother the head with it, and the remainder send to table in a tureen. Bacon, ham, pickled pork or a pig's cheek are indispensable with calf's head. The brains are sometimes chopped with hard-boiled eggs.

### *Head Cheese.*

Clean the head well, and soak in brine 24 hours; then boil it till very tender. Remove all bones, and add to it a boiled heart, tongue, and part of a liver: chop very fine; add salt, pepper, sage, and onion, if wished. Mix well; put in a colander and set over hot water at night. In the morning put it to press.

*Delicious Minced Beef.*

Chop cold roast beef, season with pepper and salt; moisten with a beaten egg and gravy or water. Put into a buttered dish, press down, cover, and set in a vessel of boiling water for an hour or more. Spread a beaten yolk of egg on the top and strew sifted bread crumbs over. Brown in the oven. Pour a little melted butter over and garnish with slices of lemon.

*Calf's Liver and Bacon.*

Cut the liver in thin slices, and cut as many slices of bacon as there are of liver; fry the bacon first, then put that on a hot dish before the fire. Fry the liver in the fat which comes from the bacon, after seasoning it with pepper and salt, and dredging over it a very little flour. Turn the liver occasionally to prevent its burning, and when done, lay it round the dish with a piece of bacon between each. Pour away the bacon fat, put in a small piece of butter, dredge in a little flour, add the lemon juice and water, give one boil, and pour it in the *middle* of the dish.

*Dressing with Roast Beef—Very Nice.*

Make a plain dressing, as for turkey or chicken, and bake in the pan with the beef. This is liked by many better than Yorkshire pudding. If the baking pan has no cover, spread the dressing over the top of the meat as well. This will keep the meat moist.

*Gravies for Roasts.*

These should be thickened with browned flour. Uncooked flour is unpleasant to the eye and raw to the taste. Brown quite a quantity of flour at a time and keep handy in a glass jar or tin box closely covered.

*Meat Omelet.*

Mince up any cold pieces of meat, add a few crumbs of bread or crackers, and enough beaten egg to bind them together. Season well and pour into a well buttered frying-pan. If it is difficult to turn it whole, a hot shovel may be held over the top until it is browned.

## VEAL.

*Roast Loin of Veal.*

Wash and rub thoroughly with salt and pepper, leaving in the kidney, around which put plenty of salt; roll up, let stand two hours; in the meantime make dressing of bread crumbs, salt, pepper, and chopped parsley or thyme moistened with a little hot water and butter—some prefer chopped salt pork—also add an egg. Unroll the veal, put the dressing well around the kidney, fold, and secure well with several yards white cotton twine, covering the meat in all directions; place in the dripping pan with the thick side down, put to bake in a rather hot oven, graduating it to a moderate heat afterward; in half an hour add a little hot water to the pan, baste often; in another half hour turn over the roast, and when nearly done, dredge lightly with flour, and baste with melted butter. Before serving, carefully remove the twine. A four-pound roast thus prepared will bake thoroughly tender in about two hours. To make the gravy, skim off fat if there is too much in the drippings, dredge some flour in the pan, stir until it browns, add some hot water if necessary, boil a few moments and serve in gravy boat. This roast is very nice to slice down cold for Sunday dinners. Serve with green peas and lemon jelly.

*Stuffed Fillet of Veal with Bacon.*

Take out the bone from the meat, and pin into a round with skewers. Bind securely with soft tapes. Fill the cavity left by the bone with a force-meat of crumbs, chopped pork, thyme and parsley, seasoned with pepper, salt, nutmeg and a pinch of lemon-peel. Cover the top of the fillet with thin slices of cold *cooked*, fat bacon or salt pork, tying them in place with twines crossing the meat in all directions. Put into a pot with two cups of boiling water, and cook slowly and steadily two hours. Then take from the pot and put into a dripping-pan. Undo the strings and tapes. Brush the meat all over with raw egg, sift rolled cracker thickly over it, and set in the oven for half an hour, basting often with gravy from the pot. When it is well browned, lay upon a hot dish with the pork about it. Strain and thicken the gravy, and serve in a boat. Fillet of veal stuffed with the regulation chicken dressing is very palatable and done without much trouble.

*Veal Cutlets.*

Brush them over with the yolk of an egg; dip them into bread crumbs, season with pepper and salt and fold each cutlet in a piece of buttered paper. Broil them, and send them to table with melted butter or a good gravy.

*Veal Stew.*

Boil two and a half pounds of the breast of veal one hour in water enough to cover, add a dozen potatoes, and cook half an hour; before taking off the stove, add 1 pint of milk and flour enough to thicken; season to taste. If preferred, make a crust as for chicken pie, bake in two piepans, place one of the crusts on the platter, pour over the stew, and place the other on top.

*Veal Loaf.*

Chop fine 3 pounds of leg or loin of veal and three-fourths pound salt pork, chopped finely together; roll 1 dozen crackers, put half of them in the veal with 2 eggs, season with pepper and a little salt if needed; mix all together and make into a solid form; then take the crackers that are left and spread smoothly over the outside; bake one hour, and eat cold.

*Veal with Oysters.*

Fry 2 pounds tender veal cut in thin bits, and dredged with flour, in sufficient hot lard to prevent sticking; when nearly done add one and a half pints of fine oysters, thicken with flour, season with salt and pepper, and cook until done. Serve hot in covered dish.

*Stewed Kidney.*

Boil kidneys the night before till tender, turn meat and gravy into a dish and cover over. In the morning, boil for a few moments, thicken with flour and water, add part of an onion chopped very fine, pepper, salt, and a lump of butter, and pour over toasted bread well buttered.

*Sweetbread.*

Choose large white sweetbreads; put them into warm water to draw out the blood, and to improve the color; let them remain for rather more than one hour; then put them into boiling water, and allow them to simmer for about ten minutes, which renders them firm. Take them up,

drain, brush over the egg, sprinkle with bread crumbs. Put into a moderate oven, and bake for three-quarters of an hour.

### *Sweetbreads (Larded).*

Choose large white sweetbreads; put them into warm water to draw out the blood, and to improve the color; let them remain for rather more than one hour; then put them into boiling water, and allow them to simmer for about ten minutes, which renders them firm. Take them up, drain them, brush over the egg, sprinkle with bread crumbs; dip them in egg again, and then into more bread crumbs. Drop on them a little oiled butter, and bake in a moderately heated oven.

### *Veal Croquettes.*

Mince a coffee cup of cold veal in a chopping bowl, adding a little cold ham, and two or three slices of onion, a pinch of mace, powdered parsley and pepper, some salt. Let a pint of milk or cream come to the boiling point, then add a tablespoonful of cold butter, then the above mixture. Beat up 2 eggs and mix with a teaspoonful of corn starch or flour, and add to the rest; cook it all about ten minutes, stirring with care. Remove from the fire, and spread it on a platter, roll it into balls; when cooled, flatten each; dip them in egg and bread crumbs, and fry in a wire basket, dipped in hot lard.

## MUTTON.

### *Broiled Mutton Chops.*

Loin of mutton, pepper and salt, a small piece of butter. Cut the chops from a tenderloin of mutton, remove a portion of the fat, and trim them into a nice shape; slightly beat and level them; place the gridiron over a bright, clear fire, rub the bars with a little fat, and lay on the chops. While broiling frequently turn them, and in about eight minutes they will be done. Season with pepper and salt, dish them on a very hot dish, rub a small piece of butter on each chop, and serve very hot and expeditiously. Nice with tomato sauce poured over them.

### *Mutton Chops (Fried).*

Season with salt and pepper, put in skillet, cover closely, and fry five minutes, turning over once; dip each chop in beaten egg, then in cracker or bread crumbs, and fry till tender or nicely browned on each



side; or put in oven in a dripping pan, with a little water, salt and pepper; baste frequently and bake until brown. To broil lamb chops, trim neatly, broil over clear fire, season with pepper and salt, and serve with green peas.

### *Boiled Mutton with Caper Sauce.*

Have ready a pot of boiling water, and throw in a handful of salt; wash a leg of mutton and rub salt through it. If it is to be rare, cook about two hours; if well done, three hours or longer, according to size. Boil a pint of milk, thicken with flour well blended, add butter, salt, pepper and 2 tablespoons of capers, or mint sauce if preferred.

### *Roasted Leg of Mutton.*

Wash and put the leg in a steamer and cook it until tender, then place in a roasting pan, salt and dredge well with flour and set in a hot oven until nicely browned; the water that remains in the bottom of the steamer may be used for soup. Serve with currant jelly.

### *Roast Fore-Quarter of Lamb.*

Lamb, a little salt. To obtain the flavor of lamb in perfection it should not be long kept; time to cool is all that is required; and though the meat may be somewhat thready, the juices and flavor will be infinitely superior to that of lamb that has been killed two or three days. Make up the fire in good time, that it may be clear and brisk when the joint is put down. Place it at sufficient distance to prevent the fat from burning, and baste it constantly till the moment of serving. Lamb should be very thoroughly done without being dried up, and not the slightest appearance of red gravy should be visible, as in roast mutton; this rule is applicable to all young white meats. Serve with a little gravy made in the dripping-pan, the same as for other roasts, and send to table with a tureen of mint sauce.

### *Baked Mutton with Dressing.*

Cut from a leg of mutton slices about half an inch thick. On each slice lay a spoonful of stuffing made with bread crumbs, beaten egg, butter, salt, pepper, sage and summer savory. Roll up the slices, pinning with little skewers or small wooden toothpicks to keep the dressing in. Put a little butter and water in a baking pan with the muttonettes, and

cook in hot oven three-quarters of an hour. Baste often, and when done thicken the gravy, pour over the meat, garnish with parsley, and serve on hot platter.

### *Mutton Chops.*

Place in a dripping pan; season well, and set in a hot oven. This is the nicest way we have ever cooked mutton chops. The gravy may be thickened or not, just as you prefer. It is not necessary to turn them.

### *To Roast Leg of Lamb.*

All lamb should be very well cooked, and not put too near the fire at first; from eighteen to twenty minutes to the pound before a clear, but not fierce heat. It may be served with spinach, peas or asparagus.

### *Lamb Stewed with Peas.*

Cut the neck or breast in pieces, put it in a stewpan with some salt pork sliced thin, and enough water to cover it; cover close and let stew until the meat is tender, then skim free from scum, add a quart of green peas shelled, and more hot water if necessary; cover till the peas are done tender, then add a bit of butter rolled in flour, and pepper to taste; let simmer for a few minutes and serve.

### *Pressed Lamb.*

Take a generous piece of lean lamb, put it over to boil, season and let cook until tender and the water has nearly cooked off. Take up meat, chop to a fine hash and put into a dish; pour over this the balance of the juice and press by putting a plate over the top and a flatiron upon this. Excellent served with sliced cucumbers.

### *Minced Mutton.*

Take cold mutton, chop fine, heat it in gravy, and add a spoon of catsup and a bit of butter. Thicken with a little flour made smooth in water, and serve on a platter surrounded with mashed potatoes.

### *Scraps.*

A great variety of relishing, nutritive, and even elegant dishes, may be prepared from the most homely materials, and be made to go much farther in a large family than they usually do. The great secret of all cookery, except in roasting and broiling, is a judicious use of butter, flour, and herbs, and the application of a very slow fire.

### *Lamb Patties.*

Cut portions of the neck or breast of **lamb** into small pieces, and, with a little salt pork cut fine, stew gently for ten or fifteen minutes; season with pepper and salt, and a small piece of celery chopped coarsely, also of the yellow top, picked (not chopped) up; stir in a paste made of a tablespoonful of flour, the yolk of 1 egg, and milk to form a thin batter; let all come to a boil, and it is ready for the patties. Make the patties of a light, flaky crust, as for tarts, cut round, the size of a small sauce plate; the center of each, for about three inches, cut half way through, to be raised and serve as a cover. Put a spoonful of the stew in each crust, lay on the top, and serve. Stewed oysters or veal may be used in place of lamb.

## PORK.

### *Roast Pork.*

A small loin of pork, 3 tablespoons bread crumbs, 1 onion, half a teaspoon chopped sage, half teaspoon salt, half teaspoon pepper, 1 ounce chopped suet, 1 tablespoon drippings. Separate each joint of the loin with the chopper, and then make an incision with a knife into the thick part of the pork in which to put the stuffing. Prepare the stuffing by mixing the bread crumbs together with the onion, which must have previously been finely chopped. Add to this the sage, pepper, salt and suet, and when all is thoroughly mixed, press the mixture snugly into the incision already made in the pork, and sew together the edges of the meat with needle and thread, to confine the stuffing. Grease well a sheet of kitchen paper, with drippings, place the loin into this, securing it with a wrapping of twine. Put to bake in a dry baking pan, in a brisk oven, basting immediately and constantly as the grease draws out, and roast a length of time, allowing twenty minutes to the pound and twenty minutes longer. Serve with apple sauce or apple fritters.

### *Broiled Ham.*

Cut some slices of ham, quarter of an inch thick, lay them in hot water for half an hour, or give them a scalding in a pan over the fire; then take them up, and lay them on a gridiron, over bright coals; when the outside is browned, turn the other; then take the slices on a hot dish, butter them freely, sprinkle pepper over and serve. Or, dip in beaten egg, and then into rolled crackers, and fry.

*Delicious Fried Ham.*

Place the slices in boiling water and cook till tender; put in frying pan and brown, and dish on a platter; fry some eggs by dripping gravy over them until done, instead of turning; take up carefully and lay them on the slices of ham.

*Boiled Ham.*

Soak, put into a pot with cold water and boil gently for five or six hours; take it off the fire and let it remain in the water until cold. Peel off the skin and sprinkle with bread or cracker crumbs, and brown in the oven. Slice very thin for the table. Sliced cold boiled ham is excellent when broiled.

*Ham Croquettes.*

One cupful of finely-chopped cooked ham, one of bread crumbs, two of hot mashed potatoes, one large tablespoonful of butter, three eggs, a speck of Cayenne. Beat the ham, Cayenne, butter, and two of the eggs into the potato. Let the mixture cool slightly, and shape it like croquettes. Roll in the bread crumbs, dip in beaten egg and again in crumbs, put in the frying-basket and plunge into boiling fat. Cook two minutes. Drain, and serve.

*Pigs' Cheek.*

Is smoked and boiled like ham with vegetables; boiled cabbage or fried parsnips may be served with it.

*Roast Spare-Rib.*

Trim off the rough ends neatly, crack the ribs across the middle, rub with salt and sprinkle with pepper, fold over, stuff with turkey dressing, sew up tightly, place in dripping-pan with pint of water, baste frequently, turning over once so as to bake both sides equally until brown.

Meat very much underdone, whether roasted or boiled, is not so wholesome as meat well done but retaining all its juices.

Pork, veal, lamb, and all young meats, when not thoroughly cooked, are absolute poison to the stomach; and if half-raw beef or mutton are often eaten with impunity, it must not be inferred that they are unwholesome in their semi-crude state, but only less wholesome than the young meats.

*Fricatelli.*

Chop raw fresh pork very fine, add a little salt, plenty of pepper, and 2 small onions chopped fine, half as much bread as there is meat, soaked until soft, 2 eggs; mix well together, make into oblong patties, and fry like oysters. These are nice for breakfast; if used for supper, serve with sliced lemon.

*Boned Ham.*

Having soaked a well-cured ham in tepid water over night, boil it till perfectly tender, putting it on in warm water; take up in a wooden tray, let cool, remove bone carefully, press the ham again into shape, return to boiling liquor, remove pot from fire, and let the ham remain in it till cold. Cut across and serve cold.

*Pork Chops, Steaks and Cutlets.*

Fry or stew pork chops after taking off the rind or skin, the same as for veal. Cutlets and steaks are also fried, broiled or stewed, the same as veal.

*Sausage.*

Sausage meat may be tied in a muslin bag, and boiled, and served with vegetables; or let become cold, and cut in slices.

*Pork Fritters.*

Have at hand a thick batter of Indian meal and flour; cut a few slices of pork and fry them in the frying-pan until the fat is fried out; cut a few more slices of the pork, dip them in the batter, and drop them in the bubbling fat, seasoning with salt and pepper; cook until light brown, and eat while hot.

*Pork and Beans.*

To every quart of the small white soup beans allow 1 pound of pickled pork. Soak the beans over night in cold water. In the morning wash them well in a colander. Put them on to boil in cold water; at the first boil, drain this water off and cover them with fresh boiling water. Score the rind of the pork and put it in with the beans; simmer gently until you can blow off the skin of the beans. To do this, take three or four beans in your hand, blow hard on them, and if the skin cracks they are done. When done, every bean should be perfectly



whole. Take out the pork and drain. Put the beans into a bean pot (an earthen pot or pipkin with a cover), almost bury the pork in the center of the beans. Add 1 teaspoonful of salt to 1 pint of the water in which the beans were boiled, pour this into the pot, sprinkle with pepper. Pour over the top of the beans 1 large spoonful of molasses, put on the lid, then bake in a very moderate oven for six or eight hours. If wanted for Sunday morning breakfast, put them in the oven on Saturday night, and let them bake all night. Serve with Boston brown bread. They may be baked in an ordinary iron baking pan, but in that case they should be covered with another pan or carefully watched, and baked only two hours. Bring them to the table in the pan in which they were baked.

### *Pork Sausages.*

Take such a proportion of fat and lean pork as you like; chop it quite fine, and for every ten pounds of meat take four ounces of fine salt, and one of fine pepper; dried sage, or lemon thyme, finely powdered, may be added if liked; a teaspoonful of sage, and the same of ground allspice and cloves, to each ten pounds of meat. Mix the seasoning through the meat; pack it down in stone pots or put in muslin bags, or the cleaned intestines of a hog, thus: Turn them inside out once or twice, scrape them, then rinse them, and fill with the meat.

If you do not use the intestines, make the sausage meat up to the size and shape of sausages, dip them in beaten egg, and then into wheat flour, or rolled crackers, or simply into wheat flour and fry in hot lard. Turn them, that every side may be a fine color. Serve hot with boiled potatoes or hominy; either taken from the gravy, or after they are fried, pour a little boiling water into the gravy in the pan and pour it over them; or first dredge in a teaspoonful of wheat flour, stir it until it is smooth and brown; then add a little boiling water, let it boil up once, then put it in the dish with the sausages.

Chopped onion and green parsley may be added to the sausage meat, when making ready to fry.

Or sausage meat may be tied in a muslin bag and boiled, and served with vegetables; or let it become cold, and cut in slices.

### *Minced Ham with Eggs.*

Mix half a pound of cracker crumbs with an equal quantity of finely minced lean boiled ham. Moisten this mixture with a little hot water

in which a small piece of butter is dissolved. Put the mixture in a baking dish. Make depressions in it. Place in each the yolk and white of 1 egg. Bake a delicate brown. Any other meat hash may be served in the same way.

### *To Fry Salt Pork.*

In order to have the pork nice it must be of the best quality, well preserved, firm and sweet. Slice into thin slices and put over the stove in a frying-pan in a goodly quantity of cold water; let come to a boil and pour off the water; this takes out the salt and leaves the pork ready to brown. Have ready a plate of wheat flour; take a fork and roll each slice of pork into the flour and brown on both sides. This should be a delicate brown and *wants to* brown quickly in order to give it the desired flavor. Take up on a platter and with the drippings left in the frying-pan add one heaped tabespoonful of flour, stir very quickly and thoroughly; be sure that it is smooth as paste and then add quickly one bowl of rich, sweet milk; stir quickly and thoroughly until it boils.

### *Brine for Beef, Ham, Shoulder or Mutton.*

Twenty-five pounds of meat, one and one-half gallons of water, three and three-quarter pounds Turk Island salt, one pint molasses, three-quarter pounds brown sugar, three-quarter ounces saltpetre, one-half ounce baking soda. Bring to a boil, skim and let cool. The pickle can be used as long as fresh and sweet.

A piece of beef remaining in this a few days makes the finest corn beef. If it remains in several weeks, it should be soaked over night before using. A round of beef put in this pickle for four weeks, and then dried slowly in a cool place, makes superior dried beef.

### *To Try Out Lard.*

Take the leaf fat from the inside of a bacon hog, cut it small, and put it in an iron kettle, which must be perfectly free from any musty taste; set it over a steady, moderate fire, until nothing but scraps remain of the meat; the heat must be kept up, but gentle, that it may not burn the lard; spread a coarse cloth in a wire sieve, and strain the liquid into tin basins which will hold two or three quarts; squeeze out all the fat from the scraps. When the lard in the pans is cold, press a piece of new muslin close upon it, trim it off at the edge of the pan, and keep it in a cold place. Or it may be kept in wooden kegs with close covers.

### *Pigs' Feet Soused.*

Scald and scrape clean the feet; if the covering of the toes will not come off without, singe them in hot embers, until they are loose, then take them off. Many persons lay them in weak lime water to whiten them. Having scraped them clean and white, wash them and put them in a pot of hot (not boiling) water, with a little salt, and let them boil gently, until by turning a fork in the flesh it will easily break and the bones are loosened. Take off the scum as it rises. When done take them from the hot water into cold vinegar, enough to cover them, add to it one-third as much of the water in which they were boiled; add whole pepper and allspice, with cloves and mace if liked, put a cloth and a tight fitting cover over the pot or jar. Soused feet may be eaten cold from the vinegar, split in two from top to toe, or having split them, dip them in wheat flour and fry in hot lard, or broil and butter them. In either case, let them be nicely browned.

### *To Make Lard.*

Take the leaf fat from the inside of a bacon hog, cut it small, and put it in an iron kettle, which must be perfectly free from any musty taste; set it over a steady, moderate fire, until nothing but scraps remain of the meat: the heat must be kept up, but gentle, that it may not burn the lard; spread a coarse cloth in a wire sieve, and strain the liquid into tin basins which will hold two or three quarts; squeeze out all the fat from the scraps. When the lard in the pans is cold, press a piece of new muslin close upon it, trim it off at the edge of the pan, and keep it in a cold place. Or it may be kept in wooden kegs with close covers. Lard made with one-third as much beef suet as fat is supposed by many persons to keep better.

### *To Cure English Bacon.*

This process is called the "dry cure," and is considered far preferable to the New England or Yankee style of putting prepared brine or pickle over the meat. First, the hog should not be too large or too fat, weighing not over two hundred pounds; then after it is dressed and cooled, cut it up into proper pieces; allow to every hundred pounds a mixture of 4 quarts of common salt, one-quarter of a pound of saltpeter and 4 pounds of sugar. Rub this preparation thoroughly over and into

each piece, then place them in a tight tub or suitable cask; in this a brine forms of itself, from the juices of the meat, enough at least to baste it with, which should be done two or three times a week, turning each piece every time.

In smoking this bacon, the sweetest flavor is derived from black birch chips, but if these are not to be had, the next best wood is hickory; the smoking with corn-cobs imparts a rank flavor to the bacon, which is distasteful to English people visiting this country. It requires three weeks or a month to smoke the bacon properly.



## POULTRY AND GAME.



A fowl to be stewed should be dropped in cold water ; this extracts the juices and renders the gravy richer. To be boiled whole and preserve the juices, it should be put in boiling water.

A lump of charcoal put inside a dressed fowl will preserve it fresh. Packers would do well to remember this.

Half a teacup of rice boiled with chickens make them look white.

A little salt pork boiled with chickens improves the flavor for many. If pork is used no salt is required.



The giblets of a fowl are the neck, pinions, gizzard, heart and liver.

Lard rubbed over a fowl that is prepared for roasting, or thin slices of fat pork laid on the upper part, will prevent burning.

Chickens only should be scalded; other fowls and game should be picked dry until the feathers are removed, except the down. Pour boiling water over them; this will swell the fowl, when the down can be rubbed off. Rolling up first in a piece of old blanket for ten minutes will help somewhat. The hair may be singed with a burning paper.

*To Select a Chicken.*—Buy a chicken with firm flesh, yellow skin and legs. If young, the cock will have small spurs, and both cock and hen will have soft, smooth legs and tender skin; the lower part of the breast bone will be cartilage, soft and pliable. If old, the opposite.

Poultry, full grown, have the best flavor, and are good for roasting, fricassees, and stewing. Older ones make good soup, or may be served boiled. Spring chickens should only be broiled or fried. Be sure that they are fresh, and free from any unpleasant odor. They should be drawn as soon as possible after they are killed, and hung away in a cool, dry place for at least twenty-four hours before cooking. If cooked as soon as killed, they are hard and tough. If frozen, they should be placed in a warm room to thaw several hours before they are wanted.

*To Clean.*—Cut off the head and feet at the first joint, split the skin on the back of the neck, then detach the skin from the neck and draw it down over the breast, and take out the crop without breaking it. Now, cut the neck off close to the body. The skin is then left to cover the place where the neck was cut off. Turn the chicken around, make a vent under the rump large enough to draw the chicken easily. Take out all the internal organs—the heart, liver, gizzard, lungs, entrails and eggs, if there are any, being very careful not to break the gall-bag (a small sack of a blue-green color about an inch long attached to the liver) or entrails, as the contents of either would render the fowl uneatable unless thoroughly washed. Never wash or soak poultry or game unless you have broken something; then do it quickly as possible, and wipe dry immediately. But fowls, and various kinds of game, when bought at our city markets, require a more thorough cleansing than those sold in country places, where as a general thing the meat is wholly dressed. In large cities they lie for some length of time with the intestines undrawn, until the flavor of them diffuses itself all through the meat,

rendering it distateful. In this case, it is safe after taking out the intestines, to rinse out in several waters, and in next to the last water, add a teaspoonful of baking soda; say to a quart of water. This process neutralizes all sourness, and helps to destroy all unpleasant taste in the meat.

*To Cut up a Chicken.*—Cut off the wings and legs at the joint which unites them to the body, separate the first joint of the leg from the second, cut off the oil-bag, separate the back and breast, cut the neck from that part of the back to which the ribs are attached, turn the skin off the neck, and take out all lumps and stringy substances, clean the gizzard by making an incision through the thick part and first lining, peeling off the fleshy part, leaving the inside whole and ball-shaped; if the lining breaks, open the gizzard, pour out contents, peel off inner lining, and wash thoroughly. When young chickens are to be baked, with a sharp knife open the back at the side of the back bone, press apart, and clean as above directed, and place in dripping-pan, skin side up.

Many folks find it difficult to get the wings and legs of a chicken tender and yet keep them from becoming too brown or scorched. This is easily remedied by using a deep roasting pan with close cover. They are to be found now at almost any hardware store and are a great improvement over the old dripping pans for cooking fowls. There is an opening in the top which gives vent to the accumulation of steam when required. Roast meats of any kind can be used in the same manner.

### *To Stuff for Baking.*

Stuff the breast first, but not too full, or it will burst in cooking; stuff the body rather fuller than the breast, sew up both openings with strong thread, and sew the skin of the neck over upon the back or down upon the breast. These threads must be carefully removed before sending to the table. Lay the points of the wings under the back, and fasten in that position with a skewer run through both wings and held in place with twine; press the legs as closely toward the breast and side bones as possible, and fasten with a skewer run through the body and both thighs, push a short skewer through above the tail, and tie the ends of legs down with a twine close upon the skewer (or, if skewers are not used, tie well in shape with twine); rub over thoroughly with salt and pepper, then lard, in the following manner: Hold the breast over a

clear fire for a minute, or dip it in boiling water. To make the flesh firm, cut strips of firm fat bacon, two inches long, and an eighth of an inch wide, and make four parallel marks on the breast, put one of these strips of bacon-fat (called lardoons) securely into the split end of small larding-needle, and insert it at the first mark, bringing it out at the second, leaving an equal length of fat protruding at each end; continue inserting these strips, at intervals of half an inch down these two lines, and then do the same with the two others. For poultry use a small larding-needle; the large ones are used for larding beef or veal. The process is very simple, and any one who likes to bring out dainty dishes, will be more than repaid for the little trouble in learning how. All white-fleshed birds are improved by larding (as well as veal and sweetbread).

### *Chicken Larded and Roasted.*

After preparing chicken as above directed, place in a baking pan, put a tablespoonful of butter and a half teaspoonful of salt in the pan, place in a quick oven, and baste every ten minutes. Roast fifteen minutes to every pound, if the chicken is young. Serve with brown sauce.

### *Smothered Chicken.*

Singe a young chicken, and split it down the back. Take out the intestines. Wipe it with a damp towel. Lay the chicken, with inside downward, in a baking pan, breaking the breast bone to make it lie flat. Spread the breast with a quarter pound of butter, dredge with pepper. Put a teaspoonful of salt and a half cup of water in the bottom of the baking pan, place it in a hot oven, cover with another pan, let it bake for half an hour, basting every ten minutes. Now remove the upper pan, turn the chicken, baste it well on the inside, cover again, and bake for another half hour. When done, place it on a hot dish; put the pan in which the chicken was cooked on top of the fire to brown, add one tablespoonful of flour, and stir until smooth and brown, then add a half pint of milk, and stir constantly until it boils. Taste to see if properly seasoned; if not, add salt and pepper. Serve in a boat.

### *Broiled Chickens or Quails.*

Cut chicken open on the back, lay on the meat board and pound until it will lie flat, lay on gridiron, place over a bed of coals, broil until

a nice brown, but do not burn. It will take twenty or thirty minutes to cook thoroughly, and it will cook much better to cover with a pie-tin held down with a weight so that all parts of the chicken may lie close to the gridiron. While the chicken is broiling, put the liver, gizzard and heart in a stew pan and boil in a pint of water until tender, chop fine and add flour, butter, pepper, salt, and stir a cup of sweet cream to the water in which they were boiled; when the chicken is done, dip it in this gravy while hot, lay it back on the gridiron a minute, put in the gravy and let boil for half a minute, and send to the table hot. Cook quails in the same way. Serve on toast if preferred.

### *Chicken Stew with Biscuit.*

Take chickens and boil the same as a fricassee, take out the chicken and have ready a frying pan with butter; into this put your chicken and let brown on both sides; then take the chicken up on platter and pour into your frying pan the gravy left in the kettle, this will give a brown color to your gravy and the butter will add a flavor. Have ready some cream biscuits, break open on the platter, butter each and pour over your gravy. This is the nicest preparation of chicken of which we know.

### *Chicken Pie with Oysters.*

Boil the chicken—a year old is best—until tender, drain off liquor from a quart of oysters, boil, skim, line the sides of a dish with a rich crust, put in a layer of chicken, then a layer of raw oysters, and repeat until dish is filled, seasoning each layer with pepper, salt, and bits of butter, and adding the oyster liquor and a part of the chicken liquor until the liquid is even with the top layer; now cover loosely with a crust having an opening in the center to allow steam to escape. If the liquor cooks away, add chicken gravy or hot water. Bake forty minutes in a moderate oven. Make gravy by adding to chicken liquor left in pot (one quart or more) 2 tablespoonfuls flour, rubbed smooth with 2 tablespoonfuls butter, and seasoned highly with pepper; let cook until there is no raw taste of flour, and salt to taste, and serve.

### *Fellied Chicken.*

Cook six chickens in a small quantity of water, until the meat will part from the bone easily; season to taste with salt and pepper; just as soon as cold enough to handle, remove bones and skin; place meat in a



deep pan or mould, just as it comes from the bone, using gizzard, liver and heart, until the mould is nearly full. To the water left in the kettle, add three-fourths of a box of Cox's gelatine (some add juice of lemon), dissolved in a little warm water, and boil until it is reduced to a little less than a quart, pour over the chicken in the mould, leave to cool, cut with a very sharp knife, and serve. The slices will not easily break up if directions are followed.

### *Pressed Chicken.*

Take one or two chickens, boil in a small quantity of water with a little salt, and when thoroughly done, take all the meat from the bones, removing the skin, and keeping the light meat separate from the dark; chop and season to taste with salt and pepper. If a meat presser is at hand take it, or any other mould such as a crock or pan will do; put in a layer of light and a layer of dark meat till all is used, add the liquor it was boiled in, which should be about one teacupful, and put on a heavy weight; when cold cut in slices. Many chop all the meat together, add one pounded cracker to the liquor it was boiled in, and mix all thoroughly before putting in the mould; either way is nice. Boned turkey can be prepared in the same way, slicing instead of chopping.

### *Chicken Croquettes.*

Boil two fowls weighing five pounds each, till very tender, mince fine, add 1 pint cream, half pound butter, salt and pepper to taste; shape oval in a jelly glass or mold. Fry in lard like doughnuts until brown.

### *Potted Chicken.*

Cut up the fowls and place in a kettle with a tight cover, so as to retain the steam; put about two teacups of water and plenty of salt and pepper over the chicken, then let it cook until the meat leaves easily from the bones; cut or chop all the meat (freed from skin, bone and gristle) about as for chicken salad; season well, put into a dish and pour the remnant of the juice in which it was cooked over it. This will jelly when cold, and can then be sliced or set on the table in shape. Nice for tea or lunch. The knack of making this simple dish is in not having too much water; it will not jelly if too weak, or if the water is allowed to boil away entirely while cooking.

This is a favorite cold meat for picnics—improved by adding a lettuce leaf with each slice of chicken.



*Chicken with Oysters.*

Cut a couple of chickens in small pieces, boil till tender. Take out and fry in butter (or use part lard). To the liquor they were boiled in add pepper and salt to taste, a spoon of butter, flour to thicken, a quart of oysters, and some milk if liked. Boil up and pour over the chicken in a large platter. (Mrs. M. M. Hale, Sandwich, Ill.)

*Fricassee Chicken.*

Cut every joint separate, the back in 2 pieces, and the breast in 3 or more. Stew only in water enough to cover, until the meat is very tender. There should be about a teacup of water in the pot. Mix a heaping teaspoon of flour with a cup of milk, add, and let boil up. Season with salt and pepper, and take up on a platter. You may put in 2 slices of salt pork cut in strips half an hour before serving, if the flavor is liked.

This is an old-fashioned dish, and a favorite with our grandmothers. If one has a larger company for dinner than they anticipated, this is the best way to prepare the chicken, as it will go farther and serve more people. A great improvement can be made in the stew by breaking open a few warm biscuits and either placing in the kettle just before taking them off the stove, or laying on a platter and pouring the chicken, gravy and all, over the biscuits.

*A Brown Fricassee of Chicken.*

Draw and singe the chicken as directed. Cut it into eleven pieces. First take off the legs with second joints, then separate the second joints from the leg, making four pieces; take off the wings. Now cut through the ribs on either side, unjoint the back and breast, cut the breast in half lengthwise, making two nice pieces; unjoint the back, and make two pieces of lower back. Place a quarter-pound of salt pork or two ounces of butter in a saucepan; when a nice brown, put in the chicken. Stir until every piece is nicely browned, then add 2 tablespoonfuls of flour; stir again, add one pint of boiling water or stock, stir until it boils; add a teaspoonful of salt. Cover and let simmer gently until tender, then add a teaspoonful of onion juice, and a little black pepper. Dish. Put the neck-piece, heart, liver, gizzard, and the back pieces in the center of the dish; put the two pieces of breast on top, the second joints on one side of the plate, the legs crossed on the other, and a wing

at each end of the plate. Pour the sauce over, sprinkle with chopped parsley, and serve.

### *A White Fricassee of Chicken.*

Clean and cut the same as for a brown fricassee. Clean the giblets. Now put the whole in a stewing pan, partly covered with water. Simmer gently until tender. Dish.

*The Sauce.*—Put 1 large tablespoonful of butter in a frying pan to melt, then add 1 tablespoonful of flour. Mix until smooth, then pour it into the vessel in which the chicken was cooked; stir continually until it boils, then add salt and pepper to taste, and take from the fire; add 1 tablespoonful of cream, the yolks of 2 eggs, and a tablespoonful of chopped parsley. Do not boil after adding the eggs, or the sauce will curdle. Pour over the chicken, and serve. This may be served plain, with truffles, mushrooms, or a border of rice.

### *Chicken Cecils.*

Chicken Cecils may be made the same as meat cecils, using chicken instead of beef or mutton.

### *Chicken Stew with Dumplings.*

Cut up the fowl according to directions. Put over to stew in enough cold water to cover; three hours will be required for a tough fowl. While stewing, throw in a tablespoonful of chopped onion, a small piece of pickled pork cut fine, 1 teaspoonful of salt, one-half teaspoonful of pepper, and a cupful of milk. Thicken with 2 tablespoonfuls of flour rubbed in water.

Have the egg dumplings ready to drop in.

### *Dumplings.*

One pint of milk; 2 eggs well beaten; a pinch of salt, and flour enough to make a batter thick as pound cake. Drop them by spoonfuls in the gravy. Cook five minutes, remove to a dish, put bits of butter and pepper over and serve with the meat. They can be cooked in boiling water, and served with cold meat in the same manner.

### *Chicken Pot Pie.*

One large year-old chicken; 1 pound of lean ham; 4 medium-sized potatoes; salt and pepper.

Make the paste first and stand it in a cool place while you draw and singe the chicken. Cut it up as for a fricassee; pare and cut the potatoes into dice, cut the ham the same size. Now roll out half the paste into a thin sheet. Butter the sides and bottom of a rounding pot, line it with the sheet of paste, and trim the top; roll out these trimmings into a sheet, and cut them into squares. Now put a layer of chicken in the bottom of the pot, then a layer of potatoes, then a sprinkling of ham, salt, pepper, and the squares of paste, then the remainder of the chicken, and then the potatoes, etc. Roll out the remainder of the paste, make a hole in the middle of it, and lay it on top of the last layer, which should be potatoes. Pour in through this hole about 1 quart of boiling water, place it over a moderate fire, and simmer continually for one and a half hours. Half an hour before the pie is done, add 1 tablespoonful of butter, cut into bits, through the hole in top crust. When done, turn it out on a large dish so that the bottom crust will be uppermost.

Rabbit or squirrel pot-pie may be made in the same manner, using two rabbits or three squirrels.

## TURKEY.

Young hen turkeys are best for roasting. The legs should be black, the skin white, the breast broad and fat; and the shorter the neck the better. An old hen has reddish rough legs. A gobbler, if young, should have black legs and small spurs, and is always much larger than the hen of the same age. The flesh of an old gobbler is strong and tough, and it can be told by its reddish legs and long spurs.

### *Roast Turkey with Giblet Sauce.*

Clean and prepare exactly the same as roast chicken, using double the amount of stuffing, and roasting fifteen minutes to every pound.

### *Roast Turkey with Oyster Dressing.*

Dress and rub turkey thoroughly inside and out with salt and pepper, steam two hours or until it begins to grow tender, lifting the cover occasionally, and sprinkling lightly with salt. Then take out, loosen the legs, and rub the inside again with salt and pepper, and stuff with a dressing prepared as follows: Take a loaf of stale bread, cut off crust and soften by placing in a pan, pouring on boiling water, draining of immediately and covering closely; crumble the bread fine, add half

a pound melted butter, or more if to be very rich, and a teaspoonful each of salt and pepper, or enough to season rather highly; drain off liquor from a quart of oysters, bring to a boil, skim and pour over the bread crumbs, adding the soaked crusts and one or two eggs; mix all thoroughly with the hands, and if rather dry, moisten with a little sweet milk; lastly, add the oysters, being careful not to break them; or first put in a spoonful of stuffing, and then three or four oysters, and so on until the turkey is filled; stuff the breast first. Flour a cloth and place over the openings, tying it down with a twine; spread the turkey over with butter, salt and pepper, place in a drpping-pan in a well heated oven, add half a pint hot water, and roast two hours, basting often with a little water, butter, salt and pepper, kept in a tin for this purpose and placed on the back of the stove. A swab made of a stick with a cloth tied on the end, is better than a spoon to baste with. Turn until nicely browned on all sides, and about half an hour before it is done, baste with butter and dredge with a little flour—this will give it a frothy appearance.

When you dish the turkey if there is much fat in the pan, pour off most of it, and add the chopped giblets previously cooked until tender, and the water in which they were cooked, now stewed down to about one pint; place one or two heaping tablespoons flour (it is better to have half of it browned) in a pint bowl, mix smooth with a little cream; fill up bowl with cream or rich milk, and add to the gravy in the pan; boil several minutes, stirring constantly, and pour into the gravy tureen; serve with currant or apple jelly. A turkey steamed in this way does not look so well on the table, but is very tender and palatable. It is an excellent way to cook a large turkey.

### *Boiled Turkey.*

Two cups of bread crumbs, 1 tablespoonful of butter, one-half small onion, 2 bay leaves, 1 quart of stock, 25 oysters, 1 large tablespoonful of parsley, 4 cloves, salt and pepper to taste. Draw the turkey; wipe it inside and out, with a damp towel.

*To Make the Filling.*—Drain the oysters, add them to the bread crumbs, then add the butter, parsley, 1 teaspoonful of salt and a dash of pepper; mix all together.

Fill and truss the same as in roast chicken. Now place the turkey in a baking pan, spread the breast with butter, and put in a very

quick oven to brown, about a half hour. Then take it from the oven, put it into a soup kettle with the onion, bay leaves, cloves and stock. Cover, and let simmer slowly for two hours, or until the turkey is tender. Serve with the following, or oyster sauce:

*The Sauce.*—One tablespoonful of butter, one-half pint of the liquor in which it was boiled, 1 tablespoonful of flour, yolk of 1 egg, salt and pepper to taste. Put the butter in a frying pan to melt, add to it the flour, mix well; add the liquor and stir constantly until it boils; add salt and pepper, take from the fire, and add the beaten yolk.

If you use wine, 4 tablespoonfuls of sherry may be added to the stock when you put the turkey on to simmer.

Serve cranberry sauce with it.

### *Boned Turkey.*

To bone, proceed in exactly the same manner as for boned chicken. When boned, fill with the following: One pair of chickens weighing about eight pounds, 1 cold boiled tongue, 1 pint of mushrooms or truffles, 1 pound of sausage meat, 2 tablespoonfuls of chopped parsley. Chop the uncooked meat of the chickens very fine. Cut the tongue into very thin slices. Cut the mushrooms also into slices; spread the turkey out on the table, with the inside up and the rump toward you; dust it well with salt and pepper. Now put on a layer of sausage meat, then a layer of mushrooms, then a layer of chopped chicken, then a layer of tongue, then a sprinkling of parsley and so on until you have used nearly all the materials given. Mix the remaining materials, which should be just enough to fill the wings and legs. Bring the two sides of the skin together, giving the turkey a round form, sew it up, turn it over, tuck back the wings and fasten them with a small skewer; bring the legs down by the side of the turkey, and fasten them in the same way. Now finish in precisely the same manner as a boned chicken. (See directions for boned chicken, and read the whole recipe very carefully before beginning).

In selecting poultry to bone, choose those at least a year and a half old, with a smooth, perfect skin, and dry picked.

### *Wild Turkey.*

Draw and singe the same as a chicken. Wipe inside and out carefully with a damp towel. Make a stuffing from 2 cups of stale bread, a



quarter-pound of salt pork chopped fine, a teaspoonful of salt, and a quarter teaspoonful of pepper, mixed well together. Stuff the space from which the crop was taken, allowing room for the filling to swell, then put the remainder in the body of the bird. Truss. Place in a baking-pan, cover the breast with thin slices of fat pork, put a half-cup of water in the pan, and bake in a quick oven fifteen minutes to every pound. After one hour, cool the oven slightly, put a teaspoonful of salt in the pan, and baste with melted butter every ten minutes at first, afterward with its own gravy. Serve with giblet sauce, the same as tame turkey. Cranberry sauce should always accompany this dish.

### *Turkey Scollop.*

A delicious scollop can be made from the fragments of cold turkey, by chopping fine and placing a layer of bread crumbs in the bottom of a buttered pudding dish, then a layer of turkey, adding any cold dressing that may be left. Have ready 3 or 4 hard-boiled eggs, slice, and add a few slices to each layer of the turkey. Alternate the layers of meat and crumbs, adding bits of butter and seasoning to each, and arrange that the last layer be of crumbs. Dot bits of butter over the top. Thin with hot water or milk what gravy may be left, and pour over it. Milk alone, or even water with a tablespoonful of melted butter, may be used. Cover the dish and bake half an hour. A few minutes before serving, remove the cover and let the scollop brown.

Sliced egg will improve the appearance of the dish.

### *Turkey Hash with Eggs.*

Chop the remnants of cold boiled turkey; heat in a very little of the broth, adding pepper, salt and butter; toast slices of bread and spread this upon them. Break eggs into boiling water; when cooked lay one over the hash upon each slice of toast. This is very nice.

### *Turkey Rissoles.*

Chop and season cold roast turkey; season with salt and pepper. Make some rich biscuit crust, roll very thin and roll into pieces; inclose in each some of the prepared turkey, fold one edge of the paste over like a turnover; bake in hot oven to a very light brown. The paste can scarcely be rolled too thin. A delicious breakfast or side-dish. This will prove particularly enjoyable when served for breakfast or as a side-dish.

### *Wild Ducks.*

Nearly all wild ducks are liable to have a fishy flavor, and when handled by inexperienced cooks are sometimes uneatable from this cause. Before roasting them guard against this by parboiling them, with a small carrot, peeled, put within each. This will absorb the unpleasant taste. An onion will have the same effect; but unless you mean to use onion in the stuffing, the carrot is preferable. In my own kitchen, I usually put in the onion, considering a suspicion of garlic a desideratum in roast duck, whether wild or tame.

Ducks, to be good, must be young and fat, the lower part of the legs and the webbing of the feet soft; the under bill, if the duck is young, will break easily. The breast should be plump and fat.

### *Roast Wild Duck.*

Parboil as above directed; throw away the carrot or onion, lay in fresh water half an hour; stuff with bread crumbs seasoned with pepper, salt, sage and onion, and roast until brown and tender, basting for half the time with butter and water, then with the drippings. Add to the gravy, when you have taken up the ducks, a teaspoonful of currant jelly, and a pinch of Cayenne. Thicken with browned flour and serve in a tureen.

### *Tame Duck Roasts.*

Draw and singe the same as chicken. Wipe inside and out with a damp towel. Make a stuffing from 1 cup of bread crumbs, 1 teaspoonful of powdered sage, 1 boiled onion, mashed fine, 1 large tablespoonful of butter, 1 teaspoonful of salt, a quarter teaspoonful of pepper. Mix the whole well, and fill the space from which the crop is taken and the body of the duck, sew and truss them the same as a chicken. Place in a baking pan, cover the breast with a thin slice of bacon, add a half cup of water and a half teaspoonful of salt to the pan, and bake in a quick oven (if a full grown duck) one and a quarter hours, basting every ten minutes. Serve with a sauce made from the giblets same as roast chicken. If ducklings, roast only forty-five minutes.

Green peas and apple sauce should be served with roast duck, or cranberry sauce and currant jelly.

*Plover.*

Clean and truss. Lay in a pan and season with salt and pepper. Rub over with butter and cook in a quick oven. A piece of fat bacon or salt pork laid on each one gives a good flavor. Toast some bread and put a piece under each bird before it is quite done. Baste with butter and water. Take up on a hot platter, a bird on each slice of toast, and serve together.

*Ducks—Canvas Back—Roasted.*

Pluck, singe, draw, and wipe well. Do not wash; let the duck retain its own flavor as far as possible. Leave the head on to show its species. Roast, without stuffing, twenty-five or thirty minutes, in a hot oven, after seasoning with pepper and salt. Baste with butter and water. A bit of Cayenne and a tablespoon of currant jelly added to the gravy are an improvement.

*Geese and Goslings.*

As geese live to a great age, care should be taken in selecting. They are not good when over three years old. A young goose has down on its legs, and the legs are soft and yellow; like a turkey, as it grows older, the legs change to a reddish color.

*Roast Goose.*

To carve a goose, separate the leg from the body, by putting the fork into the small end of the limb; pressing it close to the body, and then passing the knife under, and turning the leg back, as you cut through the joint. To take off the wing, put your fork into the small end of the pinion, and press it closely to the body; then slip the knife under and separate the joint. Then cut slices from the breast. Then turn the goose, and dismember the other side. Take off the two upper side-bones that are next to the wings, and then the two lower side-bones. The breast and legs of a goose afford the finest pieces. If a goose is old there is no fowl so tough.

Draw, clean and singe the goose the same as a chicken. Wipe it inside and out with a damp towel. Fill with potato or onion stuffing.

(see recipe for same). Sew it up and truss, being careful not to fill it too full, as dressing always swells while cooking. Place it in a baking pan, put a cup of water and a teaspoonful of salt in the pan, and place in a quick oven. Roast twenty-five minutes to every pound, basting every ten minutes; after the goose has been roasting one hour, cool the oven, and roast the remainder of the time at a moderate heat. Serve with giblet sauce made the same as for roast chicken.

Apple sauce should always be served with roast goose.

Goslings may be roasted in the same manner, allowing fifteen minutes to every pound.

### *Goose Stuffed with Sauerkraut.*

Draw and singe the goose as directed. Wipe it inside and out with a damp towel, and fill with sauerkraut. Sew it up, tie into shape, and place it in a large kettle, cover it with about two quarts of sauerkraut, cover the whole with boiling water, and simmer gently for three hours. At the end of this time take out the goose, place it in a baking pan, baste it with melted butter, dredge the breast thickly with flour, put it in a quick oven until a nice brown (about one hour). Serve in a bed of the boiled sauerkraut.

### *Guinea Fowls.*

A young guinea fowl makes a most delicious fricassee. Draw, singe, and cut up the same as fricassee of chicken. Put a quarter of a pound of sliced bacon into a stewing-pan; when brown, add the guinea fowl, and stir over the fire until every piece is a golden brown. Now add to every pair of guinea fowls 2 tablespoonfuls of flour; stir until thoroughly mixed; then add 1 pint of boiling water, a teaspoonful of salt, three or four dashes of black pepper. Stir continually until it boils. Cover, and simmer gently about one and a half hours, or until the fowls are tender when pierced with a fork. When done, taste to see if properly seasoned; if not, add more salt and pepper, and serve.

Potato croquettes are a nice accompaniment to this dish.

### *Roast Pigeons.*

Clean the pigeons, and stuff them the same as chickens; rub the outside of each bird with a mixture of pepper and salt; spit them, and put some water in the dripping-pan; for each bird put a bit of butter the

size of a small egg, put them before a hot fire, and let them roast quickly; baste frequently; half an hour will do them; when nearly done, dredge them with wheat flour and baste with the butter in the pan; turn them, that they may be nicely and easily browned; when done take them up, set the pan over the fire, make a thin batter of a teaspoonful of wheat flour, and cold water when the gravy is boiling hot, stir it in; continue to stir it for a few minutes, until it is brown, then pour it through a gravy sieve into a tureen, and serve with the pigeons.

### *Pigeons Stewed.*

Dress and stuff as for roast, or use an apple dressing; put them in a stewpan with the breast down; turn in more than enough water to cover them; when stewed nearly tender put in half cup of butter to every 12 pigeons; thicken the gravy with 2 or 3 teaspoonfuls of browned flour rubbed smooth in a little cold water. If wished brown, take up when tender, and fry brown in pork dripping. Arrange on a platter and pour the gravy over.

### *Pigeon Pie.*

Pick and kill 4 wild pigeons, the same as chicken. Cut them into halves, put them into a baking-pan, baste with melted butter, and bake in a quick oven for forty-five minutes, basting with melted butter, salt and pepper every ten minutes, using in all about 2 tablespoonfuls of butter, a half-teaspoonful of salt, and a dash of pepper. At the end of this time, take them out. Line a two-quart tin basin or a raised pie-mould with plain butter paste. Have ready 1 pound of ham cut into dice, 6 hard-boiled eggs sliced. Put a layer of pigeons in the bottom, then ham, then eggs, then salt, pepper, and a few bits of butter, then pigeon, and so on, until all is used. Cover with a thick sheet of paste; make a hole in the center, and ornament with some leaves and flowers cut out of the paste trimmings. Bake in a quick oven for thirty minutes, or until the paste is done. Put 2 tablespoonfuls of butter in the pan in which they were roasted, stir in over the fire until a nice brown, then add 2 tablespoonfuls of flour, and mix until smooth; add 1 pint of boiling water, salt and pepper to taste; stir continually until it boils; take from the fire, add the beaten yolk of 1 egg, and pour into the pie through a funnel, placed in the hole in the center of top crust, and it is ready to serve. It is most delicious.

Tame pigeons may be used, but are not as good as the wild ones.



### *Baked Squabs.*

Six squabs, 1 gill of stock, 2 tablespoonfuls of butter, one-quarter pound bacon, salt and pepper to taste. Clean and truss the birds. Rub the breasts with a piece of onion. Divide the butter into six equal parts, put one part into each squab, and with it one cranberry. Now put them into a baking-pan, cut the bacon in thin slices, put one slice over the breast of each bird, add the stock, salt and pepper, and bake in a very quick oven (420° Fahr.) for three-quarters of an hour, basting every ten minutes.

Put the livers and hearts in a stewing pan to boil at the same time you put the birds in the oven. Serve the squabs on buttered toast with the following sauce poured around them :

Remove the bacon from the pan, then put into it 1 tablespoonful of butter, and brown, add 1 tablespoonful of flour, and the livers and hearts mashed fine. Mix all well together, add a half-pint of stock, stir constantly until it boils, add salt and pepper. Serve green peas as an accompaniment to this dish.

### *To Roast Woodcocks, Snipes, or Plovers.*

Pick the birds, singe, and take out the crop and entrails. Cut the wings off at the second joint—that is, the second from the tip. Scald the legs and peel the skin off the feet and lower part of legs; pick the necks all the way up to the head; then singe, fold the legs close to the body, and run the bill of the bird through both legs and the body. Cover the breast with thin slices of bacon, and fasten with twine. Now place the birds in a baking pan with a square of toasted bread under each bird to catch the gravy; put them in a hot oven or before a good fire. Roast thirty-five minutes, basting every five minutes, the first time with melted butter and afterward with the gravy in the pan. Remove the bacon five minutes before the birds are done, baste them with melted butter, dust with salt and pepper, and put back to brown. Serve on a heated dish with the squares of toast under them. Garnish with parsley and a spoonful of currant jelly. We will say to those who prefer the trail, as it is called, proceed as directed above, only do not draw the bird.

### *Reed Birds and Rail Birds.*

May be cooked precisely as plovers, or they may be broiled and served with toast the same as quail or partridge.

### *Partridge Pie.*

After dressing, divide in halves, rub with pepper, salt and flour, sprinkle in parsley, thyme, and mushrooms, if you happen to have them. Put a slice of ham and 2 pounds of veal cut up small at the bottom of the baking-dish. Then add the partridges and pour over them a pint of good broth or gravy. This is for about 4 birds.

### *Pigeon Pie.*

Do not stuff pigeons, but cut them in 4 pieces; parboil and place in layers with egg and pork or bacon, as directed for quail pie. Use plenty of butter to make the gravy rich. Bake same as quail pie.

The crust for the pie must be a rich biscuit crust—best when made of cream—however better shortening can be used and is quite as good.

### *Blackbird Pie.*

Blackbird pie may be made the same as pigeon pie, using 1 dozen blackbirds instead of 4 pigeons.

### *To Roast Rail and Reed Birds.*

Pick, draw, and singe the birds. Cut off the ends of the wings and the feet. Leave the heads on. Wipe the birds, inside and out, and wrap each in a thin slice of bacon. Take a skewer long enough to hold six birds, run the skewer through the bacon and the bodies of the birds, fasten them on the spit and roast before a clear fire fifteen minutes, basting almost constantly with their own dripping. Serve each bird on a square toast garnished with parsley—of course, removing the skewer and bacon.

Or, wrap the birds in bacon and tie with twine, place them in rows in a baking pan, and bake in a quick oven fifteen minutes, basting three or four times with their own dripping. When done, remove the bacon and strings, serve on squares of buttered toast with the gravy from the pan poured around them. Garnish with parsley.

All small birds, such as meadow larks, robins, blackbirds and sparrows, may be cooked in the same manner.

### *Quail on Toast.*

Dress carefully, removing the feathers without scalding. Split down the back, put in salt water for a time, then dry, butter carefully,

season with pepper and salt and broil on a gridiron, turning frequently. When done butter well and serve on hot buttered toast, a quail, breast up, on each slice. Serve on a hot dish. Garnish with currant jelly.

### *Prairie Chickens Baked or Roasted.*

Prepare the same as for roasted pigeons, omitting the oysters from the stuffing, and adding chopped parsley and summer savory. Moisten the dressing with melted butter and pour a very little water in the dripping-pan; baste with melted butter; cook one hour unless the bird is very tough. They may be split down the back and baked without stuffing, same as woodcock.

### *Roast Partridge. Pheasants.*

Choose young birds, and let them hang a few days, or there will be no flavor to the flesh, nor will it be tender. They may be trussed with or without the head; the latter mode is now considered the most fashionable. Pluck, draw, and wipe the game carefully inside and out; bring the legs close to the breast, between it and the side-bones, and pass a skewer through the pinions and thick part of the thighs. When the head is left on, it should be brought round and fixed on to the point of the skewer. When the bird is firmly and plumply trussed, roast it before a nice bright fire; keep it well basted, and a few minutes before serving flour and froth it well. Dish it, and serve with gravy and bread-sauce, and send to table hot and quickly. A little of the gravy should be poured over the bird.

### *Larks.*

Clean, wipe dry, brush them over with the yolk of egg, roll in bread crumbs and roast in a quick oven for ten or fifteen minutes. Baste with butter and keep them covered with bread crumbs while roasting. Serve the crumbs under the birds and lay slices of lemon on them.

### *Rabbits or Hares.*

To select, the body should be rather stiff, free from any unpleasant odor, and the flesh of reddish appearance. If young, it will have soft paws and ears; if old, the ears will be stiff and the edges rough, the paws hard and worn.

Tame rabbits, as a rule, are not fit to use.

Rabbits, which are in the best condition in midwinter, may be

fricasseed like chicken in white or brown sauce. To make a pie, first stew till tender, and make like chicken pie. To roast, stuff with a dressing made of bread crumbs, chopped salt pork, thyme, onion, and pepper and salt, sew up, rub over with a little butter, or pin on it a few slices of salt pork, add a little water in the pan, and baste often. Serve with mashed potatoes and currant jelly.

### *Pilau of Birds.*

Boil half a dozen small birds with a pound of bacon in water enough to cover well. Season with salt. When tender take them out. Into the remainder put 2 pounds of clean washed rice. Cook until done, keeping closely covered. Stir into it a cup of butter, and salt to taste. Put a layer of the rice in a deep dish. On this lay the birds with the bacon in the middle. Add the liquor. Then cover them all with the rice. Smooth and spread over it the beaten yolks of 2 eggs. Cover with a plate; bake 15 or 20 minutes in a moderate oven.

### *Roast Rabbit.*

Empty, skin, and thoroughly wash the rabbit; wipe it dry, line the inside with sausage meat and force meat. Sew the stuffing inside, skewer back the head between the shoulders; cut off the fore joints of the shoulders and legs, bring them close to the body, and secure them by means of a skewer. Wrap the rabbit in buttered paper, keep it well basted, and a few minutes before it is done remove the paper, flour and froth it, and let it acquire a nice brown color. Bake three-quarters of an hour. Take out the skewers, and serve with brown gravy and red currant jelly. To bake the rabbit, proceed in the same manner as above; in a good oven it will take about the same time as roasting. Garnish the rabbit with slices of lemon, and serve up with currant jelly. Cut off head before sending to the table.

### *Boiled Rabbit—Liver Sauce.*

Truss for boiling; cover with hot water and cook gently about 45 minutes, if of medium size. In another vessel, boil the liver for 10 minutes, mince very fine and put it back into the water in which it was boiled, season with butter, pepper and salt, and thicken with flour and pour over the rabbit. Onion sauce is preferred by some, in which case serve it in the same manner as the liver sauce.

*Broiled Rabbit.*

Broil the hare slightly over the coals, to give firmness to the flesh, then cover it with slices of fat pork from the neck to the legs. Then roast it for an hour. Remove the flesh from the roast hare, and cut it in strips. Afterward break the bones and cook them with some butter and flour, onions, salt, pepper, and stock broth; boil them down to one-fourth, and having strained the gravy, put the slices of hare into it and serve it up without again boiling it.

*Jugged Hare.*

Skin, wipe with a towel dipped in boiling water, to remove the loose hairs, dry thoroughly and cut in pieces, stew with pepper and salt, fry brown, season with 2 anchovies, a sprig of thyme, a little chopped parsley, nutmeg, mace, cloves and grated lemon peel. Put a layer of the pieces with the seasoning into a wide-mouthed jug or a jar, then a layer of bacon sliced very thin, and so on till all is used; add a scant half pint of water, cover the jug close and put in cold water; let boil three or four hours, according to the age of the hare; take the jug out of kettle, pick out the unmelted bacon and make a gravy out of a little butter and flour, with a little catsup. A teaspoon of lemon peel will heighten the flavor.

*Squirrel Pot Pie.*

Skin, clean and cut up 2 squirrels and make the pot pie after any favored rule for chicken pot pie. (See poultry.)

*Squirrels—Fricassed, Stewed or Fried.*

Prepare squirrels for these dishes by the rules given for rabbits. Serve with currant jam or jelly.

*Roast Haunch of Venison.*

The haunch is the choicest piece for roasting. Wipe it with a damp cloth. Rub over with butter or lard. Then cover the top and sides with a thick paste of flour and water half an inch deep. Lay a coarse paper over all and put to roast with one cup of water in the dripping pan. Keep the oven well heated. Baste every 15 or 20 minutes with butter and water. Twenty minutes before serving remove the paste and paper, and dredge with flour, and baste with butter until of a light brown. Pour in a pint of water and make a thickened gravy as for roast beef or pork, adding a pinch of cloves, nutmeg, cayenne, and a few



blades of mace. Strain before sending to table, and 2 tablespoons of currant jelly may be added if you have it. Have dishes very hot. The shoulder is also a good roasting piece, but need not be covered with the paste, as in the above directions.

### *Venison Steaks.*

Heat the gridiron well, butter the bars and lay on the steaks, which should be cut from the neck or haunch. Broil thoroughly; venison requires more cooking than beef—saving all of the gravy possible. Serve with currant jelly laid on each piece. Heat the plates.

Venison steaks may be fried also, and served with a very little melted butter and jelly. Two tablespoonfuls of currant jelly melted with butter the size of a walnut, is a very nice sauce.

### *Venison Stew.*

The most inferior cuts will answer. Cut the meat to cook in small pieces; cover with water and boil two hours, adding more boiling water, if necessary. Season; thicken the gravy with browned flour and serve.

### *Venison Cutlets.*

Trim the cutlets nicely. Put them in an earthen vessel, and cover with a marinade made as follows: To every pound of venison allow 4 tablespoonfuls of vinegar, 4 of claret, 2 bay leaves, 1 small onion sliced, sprig of parsley, 4 whole cloves, and a blade of mace; mix, and put into a porcelain kettle, stand over a brisk fire, give one boil and pour over the cutlets. Let stand until next day, turning them three or four times. Next day wipe and lard them, and broil over a quick fire. Serve with the same sauce as venison steaks.

These may also be broiled and served with browned sauce.

### *Jelly Sauce for Venison.*

Strain the gravy into the pan—there should be at least 1 pint. Thicken with 1 tablespoonful of browned flour; add 2 tablespoonfuls of currant jelly; 1 tablespoonful of lemon juice, if convenient; one-half teaspoonful of salt; one-quarter teaspoonful pepper. The neck or shoulder of venison may be roasted without paper or flour paste.

### *Venison Sausage.*

Take equal quantities of old salt pork and bits of raw venison. Chop fine. To each pound of chopped meat add 3 teaspoons of sage,

1½ of salt, and 1 of pepper. Make into flat cakes and fry with no other fat, as that in the sausage is sufficient. It must be served at once. Good with Saratoga chips and is also nice with potatoes stewed in cream.

This dish is a delicacy with many people, but is especially a favorite in mountainous countries where game is plenty and can be gotten fresh.

### *Bear Meat.*

Bear meat is best roasted. It may be treated the same as pork, cooking twenty minutes to every pound.

### *Bear Steaks.*

Bear steaks may be cooked in a chafing-dish, the same as venison steaks, omitting the currant jelly.

### *Stuffing for Ducks.*

Half pound of fat pork chopped fine, 8 rolled soda crackers, 1 egg, 1 minced onion, 1 pint milk, sage, pepper, and salt.

### *Apple Stuffing for Game.*

Five sour apples, peeled, quartered, and cored. Stew until half done. Add 1 teacup bread crumbs, a sprinkle of cayenne pepper, salt, and 1 teaspoon sage. Mix together, stuff, and roast.

### *Giblet Stew.*

When stewing chickens, remove giblets and serve for lunch as follows: Add a cup of the cream gravy to the giblets, with 2 or 3 cups of cold boiled potatoes cut into half-inch squares. Add a cup of milk, heat slowly. Season with salt and pepper, pour into a dish, and put 1 or 2 sprigs of parsley on the edge.

### *Bread Stuffing.*

One pint of stale bread crumbs, 2 tablespoonfuls of melted butter, 1 teaspoonful of salt, one-fourth teaspoonful of black pepper, 1 tablespoonful of chopped parsley, 1 teaspoonful of sweet marjoram. Mix the bread, salt, pepper, parsley and sweet marjoram together, then moisten with the melted butter, and it is ready to use.

### *Sage Stuffing.*

Make same as preceding recipe, adding two teaspoonfuls of powdered sage.

### *Onion Stuffing.*

This may be made the same as bread stuffing, omitting the sweet marjoram, and adding 2 large tablespoonfuls of chopped onion.

### *Sage-and-Onion Stuffing, for Geese, Ducks and Pork.*

Four large onions, ten sage leaves, one-quarter pound of bread crumbs, one and one-half ounce of butter, salt and pepper to taste, one egg. Peel the onions, put them into boiling water, let them simmer for five minutes or rather longer, and just before they are taken out, put in the sage leaves for a minute or two to take off their rawness. Chop both these very fine, add the bread, seasoning, and butter, and work the whole together with the yolk of an egg, when the stuffing will be ready for use. It should be rather highly seasoned and the sage leaves should be very finely chopped. Many cooks do not parboil the onions in the manner just stated, but merely use them raw. The stuffing then, however, is not nearly as mild, and, to many tastes, its strong flavor would be very objectionable. When made for goose, a portion of the liver of the bird, simmered for a few minutes and very finely minced, is frequently added to this stuffing; and where economy is studied, the egg may be dispensed with. If used for turkey, make it much milder; leaving out sage and part of the onions and substituting oysters makes a fine filling.

### *Chicken Force Meat.*

One four-pound chicken, 1 pint of milk, yolks of 3 eggs, 1 cup of bread crumbs, 1 tablespoonful of chopped parsley, 1 tablespoonful of salt, one-eighth teaspoonful of cayenne, one-fourth teaspoonful of grated nutmeg. Clean and draw the chicken as directed. Take the meat from the bones and chop very fine. (The bones and skin may be used for soup or stock). Put the milk on to boil, add to it the bread crumbs, stir until it thickens, add the yolks of the eggs well beaten; take from the fire, add all the other ingredients, mix, and stand away to cool. Use the same as ham forcemeat.

Partridges, pheasants, grouse, etc., are carved in the same manner as fowls. Quails, woodcocks, and snipes are merely split down the back; so also are pigeons, giving a half to each person.

In helping any one to gravy, or to melted butter, do not pour it over their meat, fowl, or fish, but put it to one side on a vacant part of the

plate, that they may use just as much of it as they like. In filling a plate never heap one thing on another.

### *Oyster Dressing for Fowls.*

Take of stale bread the desired quantity, and crumble finely. To this add a pinch of pepper, salt to taste and a generous lump of butter. Take the gizzard, heart and liver of the fowl, and boil tender. These should be chopped and saved to add to the gravy as giblet sauce. The water in which these have been cooked, can be poured over the dressing. To this dressing add one pint of oysters, put in the dressing, sew up the fowl and bake in the usual manner.



## VEGETABLES



The fresher all vegetables are, the more wholesome. After being washed thoroughly, they should be dropped in cold water half an hour before using. Peel old potatoes and let them stand in cold water over night, or for several hours, putting them in immediately after being peeled, as exposure to the air darkens them. New potatoes are best baked. Full grown, fair, ripe potatoes may be either boiled or baked. Medium sized and smooth potatoes are best; the kind varies with the season. Green corn and peas should be prepared and cooked at once. Put all vegetables into plenty of salted water, boiling hot (excepting egg plant and old potatoes, which some put on in salted cold water), and boil rapidly, without cover, and let cook steadily after they are put on, not allowing boiling to stop until they are thoroughly done. Serve in an uncovered dish.

New potatoes should always be put in a boiling water, and it is best to prepare them just in time for cooking. Are better steamed than **boiled**.



Onions should be soaked in warm, salt water, to remove the rank flavor for one hour before cooking. Never split onions, turnips and carrots, but slice them in rings cut across the fiber, as they thus cook tender much quicker.

### *Potatoes.*

Potatoes are not good for mashing until they are full grown. Old potatoes, when unfit for plain boiling, may be served mashed; cut out all imperfections, take off all the skin, and lay them in cold water for one hour or more; then put them into a dinner-pot or stewpan, with a teaspoonful of salt; cover the stewpan, and let them boil for half an hour, unless they are large, when three-quarters of an hour will be required; when they are done, take them up with a skimmer into a wooden bowl or tray, and mash them fine with a potato beetle; melt a piece of butter the size of a large egg into half a pint of hot milk; mix it with the mashed potatoes until it is thoroughly incorporated, and a smooth mass; then put it in a deep dish, smooth the top over, and mark it neatly with a knife; put pepper over and a little butter in the center.

If potatoes are very watery and they must be used for food, a small lump of lime added to the water while boiling will improve them.

Do not allow vegetables to remain in the water after they are done, but drain them in a colander and dress as directed in the various recipes.

Greens, lettuce, etc., should be washed leaf by leaf in warm water, rather more than tepid, having a dish of cold water to place them in immediately. The warm water more certainly cleans the leaf and does not destroy the crispness if they are placed at once in cold water. But whether washed in warm or cold water, take them leaf by leaf, breaking the heads off, not cutting them. Horseradish tops are considered choice for greens. Peas should not be shelled until just before the time of cooking.

Cold sweet potatoes may be cut in slices across or lengthwise, and fried or broiled as common potatoes; or they may be cut in half and served cold.

Turnips, beets, peas, corn, squash and pumpkin are improved by adding a little sugar, especially when the vegetables are poor in quality. Sweet potatoes require a longer time to cook than the common variety. In gathering asparagus, never cut it off, but snap or break it in this

way you do not get the white, woody part, which no boiling can make tender. Do the same with rhubarb, except being careful that it does not split, and take it very close to the ground. Put rice on to cook in boiling salted water, having first soaked for about an hour and dried off the surplus moisture on a large towel; or steam, or cook in custard kettle.

A piece of red pepper the size of a finger-nail, dropped into meat or vegetables when first beginning to cook, will aid greatly in killing the unpleasant odor. Remember this for boiled cabbage, green beans, onions, mutton and chicken. All vegetables should be thoroughly cooked, and require a longer time late in their season.

*Greens* boiling may have the odor absorbed by tying a piece of bread the size of an egg in cloth and dropping in the kettle.

Baked potatoes if wanted in a hurry may be partially boiled, then baked.

### *Mashed Potatoes.*

Boil as directed above. When done and dry, mash quickly with a wire masher until light and free from all lumps; add a piece of butter the size of a walnut, a quarter-cup cream, a teaspoonful of salt, and a dash of pepper. Beat with a fork until very light. Serve in a heated, uncovered dish.

### *Potato Puffs.*

Prepare the potatoes as directed for mashed potato. While hot, shape in balls about the size of an egg. Have a tin sheet well buttered, and place the balls on it. As soon as all are done, brush over with a beaten egg. Brown in the oven. When done, slip a knife under them and slide them upon a hot platter. Garnish with parsley, and serve immediately.

### *Saratoga Chips.*

Peel and cut into thin slices; make dripping quite hot in a frying-pan; put in the potatoes, and fry them on both sides to a nice brown. When crisp take up, place them on a cloth before the fire to drain the grease, and serve hot, after sprinkling with salt.

These can be cooked more evenly and made more appetizing by slicing as near the same size as possible,

### *Potato Snow.*

Boil potatoes as directed above. Mash and prepare according to mashed potatoes. Rub through a heated colander into a deep dish that it may fall lightly and in good shape. Put in the oven a few minutes till heated, and serve hot.

### *Fried Raw Potatoes.*

Pare a dozen sound potatoes, cut them crosswise in slices as thin as wafers. Put a tablespoonful each of butter and drippings into the frying-pan, and when it boils add the sliced potatoes, sprinkling over them salt and pepper. Cover, and let the steam partly cook them; then remove and let fry a bright gold color, shaking and turning them carefully, so as to brown equally. Serve very hot. Fine for breakfast. A little parsley, grated and sprinkled over the top, adds to the looks.

### *Potato Balls Baked.*

Boil and mash as before, and form immediately into balls the size of an egg. Butter a dripping-pan (a sheet of tin is better). Brush over the balls with the yolk of an egg, and brown quickly in a hot oven for five or ten minutes. Slip off with a knife on a hot platter and serve at once.

### *Broiled Potatoes.*

Cut cold boiled potatoes in slices, quarter of an inch thick; dip each slice in flour, and lay on a gridiron over a bright fire; when both sides are browned nicely, place them on a hot dish, put a bit of butter, pepper and salt over, and serve hot.

### *Potatoes Baked in Milk.*

Cut enough potatoes in thick slices to half fill a deep dish or two-quart pan. Drop in butter the size of an egg cut into bits, a teaspoonful of salt and a tablespoonful of parsley. Fill the pan with milk, and bake two hours. The milk remaining in the pan should be thick as cream, and the potato a light brown on top.

### *Mrs. Seward's Potato Scallop.*

Put a layer of cold chopped beef in a pudding dish. Over this put a layer of cold mashed potato, alternate until the dish is full. Season each layer. Have potato on top. **Brown in oven.**

### *Potato Croquettes.*

Pare, boil, and mash six potatoes. Add one tablespoonful of butter, two-thirds of a cupful of hot milk, the whites of two eggs well beaten, salt and pepper. When cool enough to handle, work into shape, roll in egg and bread crumbs, and fry in hot lard.

### *Stuffed Potatoes.*

Mince some cold meat very fine and season to taste. Choose large potatoes of one size, peel and core, taking care not to core them through. Fill them with the minced meat and put them in a dish to bake with a cup of water and a little nice dripping. If the potatoes are large they will require an hour to bake; if small, half that time will be sufficient. Baste occasionally.

### *Potato Stew (Raw).*

Lay 3 slices salt pork, fat and lean, in the stew kettle and let fry. Pour off part of the fat if too much. Slice an onion and fry with the pork. When it browns put in the potatoes sliced, not too thin, and hot water, not quite enough to cover. When nearly done set on the top of the stove to simmer. Add pepper, butter, and a cupful of sweet cream. Milk thickened with flour can be used in place of cream. Butter can be used in place of pork.

### *Fried Potatoes (French).*

Pare the potatoes and throw them into cold water for one hour. Then cut them, either with a vegetable spoon, or in slices or blocks. Have ready a pan of very hot lard; dry the potatoes on a towel. This must be done quickly, so as not to allow the potato to discolor. Now drop them quickly into the hot lard. When done take them out with a skimmer, and put in a colander. Stand the colander on a tin plate, and then in the oven, with the door open, to keep warm while you fry the remainder. When all are done, sprinkle with salt, and serve hot.

When cut with a vegetable spoon, they are used to garnish boiled or baked fish.

### *Brown Baked Potatoes.*

Wash and pare potatoes of uniform size, and one hour before the meat is done, put them in the baking pan around the meat, and baste with the dripping every time you baste the meat.

### *Baked Potatoes (Plain.)*

As potatoes contain potash, an important constituent of the blood, which is freely soluble in water, they are much more wholesome baked than boiled. Wash and scrub the potatoes, place them in a baking pan, then in a quick oven, to bake for thirty minutes, or until you can mash them between the hands. Do not try them with a fork, as that allows the steam to escape, and consequently the potato is heavy. Use as soon as done, or they will become watery.

## COLD POTATOES MADE PALATABLE.

### *Potatoes a la Creme.*

Heat a cupful of milk; stir in a heaping tablespoonful of butter cut up in as much flour. Stir until smooth and thick; pepper and salt, and add 2 cupfuls of cold boiled potatoes, sliced, and a little very finely chopped parsley. Shake over the fire until the potatoes are hot all through, and pour into a deep dish.

### *Princess Potatoes.*

Slice cold mashed potatoes into strips 2 inches long, one inch wide, and one-half inch thick. Have in one saucer a tablespoonful of melted butter; and in another a beaten egg. Dip the strips first in the butter, and then in the egg. With a knife lay them in a buttered tin and cook in a hot oven for twelve minutes. Serve at once.

### *Potato Balls. Fried.*

Work into a cupful of cold mashed potatoes, a teaspoonful of melted butter. When the mixture is white and light add the beaten yolk of 1 egg and season to taste. Make into balls, flouring the hands. Roll thickly in flour and fry in plenty of nice hot dripping. Take up with a spoon, or a four-tined fork, and pile on a hot dish.

### *Potato Croquettes.*

Take 2 cups of cold mashed potato, season with a pinch of salt, pepper, and a tablespoonful of butter. Beat up the whites of 2 eggs, and work all together thoroughly; make it into small balls slightly flattened, dip them in the beaten yolks of the eggs, then roll either in flour or cracker crumbs; fry the same as fish balls.



*Boulettes.*

Two cups of mashed potatoes, 1 tablespoonful of chopped parsley, 1 teaspoonful of onion juice, 1 teaspoonful of salt, a dash of cayenne, yolks of 2 eggs, 2 tablespoonfuls of cream, 1 teaspoonful of powdered sweet marjoram, a piece of butter the size of a walnut. Beat the yolks lightly and add them to the potatoes, then add all the other ingredients; mix well, put into a saucepan and stir over the fire until the mixture leaves the sides of the pan. Take from the fire; when cool, form into bullets, dip first in egg and then in bread crumbs, and fry in boiling fat.

Serve as a garnish to boiled fish or baked meats.

*Sweet Potatoes.*

Boiled, steamed and baked the same as Irish potatoes; generally cooked with their jackets on. Cold sweet potatoes may be cut in slices across or lengthwise, and fried as common potatoes; or may be cut in half and served cold.

Boiled sweet potatoes are very nice. Boil until partly done, peel them and bake brown, basting them with butter or beef drippings several times. Served hot. They should be a nice brown.

*Baked Sweet Potatoes.*

Wash them perfectly clean, wipe them dry, and bake in a quick oven, according to their size—half an hour for quite small size, three-quarters for larger, and a full hour for the largest. Let the oven have a good heat, and do not open it, unless it is necessary to turn them, until they are done.

*Boiled Turnips.*

Wash and pare the turnips, cut them into slices crosswise; put them into a saucepan, cover with boiling water, and boil until tender (about thirty minutes). When done, drain in a colander, pressing lightly to squeeze out all the water; then mash fine, add butter, salt and pepper to taste, and serve.

Or, mix with an equal quantity of hot mashed potatoes.

*Turnips with Cream Sauce.*

Pare 6 small turnips and cut them into dice; put into a saucepan, cover with boiling water, and boil for thirty minutes. When the turnips

are nearly done, make a cream sauce, and stand over the teakettle to keep warm. Drain the turnips in a colander, turn them carefully into a vegetable dish, pour the cream sauce over them, and serve.

### *Browned Turnips.*

Pare the turnips, cut in slices crosswise, and boil as directed in preceding recipe. Drain in a colander. Put 2 tablespoonfuls of butter in a frying pan; when hot, add the turnips and 1 tablespoonful of granulated sugar; stir and turn carefully until the slices are nicely browned; dust with salt and pepper, and serve.

These are a nice accompaniment to roast ducks.

### *Ruta-baga.*

Ruta-bagas are much more solid than the common white turnips, and may be cooked and served according to the recipes given for turnips.

### *Boiled Turnip Tops or Sprouts.*

Wash a quarter peck of turnip tops in cold water; put them into a kettle, cover with boiling water, and boil twenty minutes; add a tablespoonful of salt when they are half done. Drain in a colander. Serve in a vegetable dish, garnished with slices of hard boiled eggs.

### *Baked Pumpkin.*

Cut the pumpkin first in halves, then in quarters; remove the seeds, but not the rind. Place in a baking pan with the rind downward, and bake in a slow oven until tender, when you pierce with a fork. When done, serve in the rind; help it out by spoonfuls as you would mashed potatoes.

### *Cauliflower.*

This favorite vegetable should be cut early, while the dew is still upon it. Great care should be taken that there are no caterpillars about the stalk, and to insure this, lay the vegetable with its head downward in cold salt and water for an hour before boiling it. Trim away the outer leaves, and cut the stalks quite close.

### *Cauliflower with Sauce.*

Boil a large cauliflower—tied in coarse tarlatan—in hot salted water, from twenty-five to thirty minutes; drain, serve in a deep dish with the

flower upward and pour over it a cup of drawn butter, and pour over a delicious cream made of rich milk and cream, seasoned and thickened.

### *Corned Beef and Cabbage.*

Wash the meat in cold water. Put it in a large kettle and cover with cold water. Simmer gently for two hours. In the meantime, remove the outside leaves from a hard white head of cabbage, cut it in quarters and soak in cold water one hour. After the meat has been simmering two hours, add the cabbage, and simmer one and a half hours longer. When done, put the meat in the center of a large dish with the cabbage around it. Serve with it tomato catsup, mustard or horseradish.

### *Boiled Cabbage.*

Select a heavy white head. Remove the outside leaves, cut in quarters and soak in cold water one hour, then drain and cover with boiling water, let stand fifteen minutes; drain again, and press out all the water. Now put the cabbage in a kettle nearly filled with boiling water; add a teaspoonful of salt, and a small piece of a Chili pepper; cover and boil one hour, if the cabbage is young; two hours, if old. The Chili pepper is supposed to diminish the unpleasant odor.

### *Hot Slaw.*

One small firm head of cabbage, shred fine, boil tender, add one-half cup of vinegar, one tablespoonful of butter, one tablespoonful of sugar, two tablespoonfuls of sour cream, one saltspoonful of pepper, and the same of salt. Put the vinegar and all the other ingredients for the dressing, except the cream, in and heat to a boil; stir and toss until all is smoking; take from the fire, stir in the cream, turn into a covered dish and set in hot water ten minutes before you send to the table.

### *Delicate Cabbage.*

Remove all defective leaves, quarter and cut as for coarse slaw, cover well with cold water, and let remain several hours before cooking, then drain and put into pot with enough boiling water to cover; boil until thoroughly cooked (which will generally require about forty-five minutes), add salt ten or fifteen minutes before removing from the fire, and when done, take up into a colander, press out the water well, and season with

butter and pepper. This is a good dish to serve with corned meats, but should not be cooked with them; if preferred, however, it may be seasoned by adding some of the liquor and fat from the boiling meat to the cabbage while cooking. Or, cut the cabbage in two, remove the hard stalk, let stand in cold water two hours, tie in thin netting or piece of muslin, and boil in salted water for a longer time than when it is cut finely. Drain, remove and serve in a dish with drawn butter or cream dressing poured over it.

### *Sauer Kraut.*

Sauer-Kraut is to-day getting to be quite a favorite dish with all classes of people, and in former times it was a dish mostly used by our German forefathers and our grandmothers. This can be made nicely in the fall when cabbages are plenty, and will retain its flavor all during the winter and in the early spring. Sauer Kraut is usually made in kegs or in barrels. A barrel having held vinegar is in a good condition to preserve sauer kraut.

Take your cabbages that are firm, take off the outer leaves and slice into fine shreds, either by hand or with a machine made for the purpose. In the bottom of your barrel, put a layer of coarse salt, then a layer of cabbage and salt again until you have the desired amount, being careful to have the salt on top. With each layer of cabbage, press down with a large and heavy pestle, and a fresh layer can be added as soon as the juice floats on the surface.

Some people flavor their cabbage with a few grains of coriander, juniper berries, etc.; others do not. When all of the sauer kraut is made that is desired, it should be put in a dry cellar, covered with a cloth and on top of the sauer kraut, place a plank and on this a heavy weight. At the end of a few days it will begin to ferment, during which time the liquor must be drawn off and replaced by fresh. Repeat this every day until the liquor becomes clear, then remove the cloth, wash the cover, put the weights back and let stand for a month. By that time the sauer kraut will be ready for use. The cover must be kept perfectly clean and as little air enter the barrel as possible. Each time it is opened, care must be taken to close it well again.

Sauer Kraut can be fried like cabbage and is excellent boiled with ham or sausage. In boiling, it wants only just enough water to cook it, then fry and add a little vinegar.

### *Creamed Cabbage.*

Slice as for cold slaw and stew in a covered saucepan till tender; drain it, return to saucepan, add a gill or more of rich cream, 1 ounce of butter, pepper and salt to taste; let simmer two or three minutes, then serve. Milk may be used by adding a little more butter.

### *Fried Egg Plant.*

Slice the egg plant without paring, into five or six pieces, omitting the end parings. Boil in salted water five minutes to extract the strong taste. Drain. Dip each slice in beaten egg, and then in bread crumbs. Fry a light brown on both sides in butter or dripping.

### *Egg Plant with Butter.*

Prepare and boil as above. Drain and dip each slice in fried batter, and fry in hot lard. Drain before serving.

### *Scolloped Egg Plant.*

Boil the egg plant until tender. Remove the skin; mash fine; mix with an equal quantity of bread or cracker crumbs. Put in a buttered baking dish. Season with pepper, salt and butter. Sprinkle crumbs over the top, and bake one-half hour. This makes a delightful and digestible dish.

### *Dutchéd Lettuce.*

Wash carefully 2 heads of lettuce, separate the leaves, and tear each leaf in two or three pieces. Cut a quarter pound of ham or bacon into dice, and fry until brown; while hot, add 2 tablespoonfuls of vinegar. Beat 1 egg until light, add to it 2 tablespoonfuls of sour cream, then add it to the ham, stir over the fire one minute until it thickens, and pour, boiling hot, over the lettuce; mix carefully with a fork, and serve immediately.

### *Wilted Lettuce.*

Place in a vegetable dish lettuce that has been carefully picked and washed, each leaf by itself, to remove all insects. Cut across the dish four or five times, and sprinkle with salt. Fry a small piece of fat ham until brown, cut it in small pieces; when very hot add cup of good



vinegar, and pour it boiling hot over the lettuce; mix it well with a fork and garnish with slices of hard boiled eggs. Be certain to have the fat so hot that when vinegar is poured in, it will boil immediately. Add half a cup or a cup of vinegar according to strength of vinegar and quantity of lettuce.

### *Onions Boiled.*

Take off the tops and tails, and the thin outer skin; but no more lest the onions should go to pieces. Lay them on the bottom of a pan which is broad enough to contain them without piling one on another; just cover them with water, and let them simmer slowly until they are tender all through, but not till they break.

Some cooks use two waters in cooking onions. By pouring off the first water and adding more, the strong taste is destroyed. Serve with melted butter and milk, thickened to a cream.

An excellent way to peel onions so as not to affect the eyes is to take a pan full of water, and hold and peel them under water.

### *Stewed Onions.*

In peeling onions be careful not to cut the top and bottom too closely or the onion will not keep whole. Boil in salted water with a little milk until tender. Drain and put in a white sauce to simmer for ten minutes; or, a cup of milk or cream boiling hot. Season with butter, pepper and salt. Turn over the onions and serve, or serve whole with butter, pepper and salt.

### *Fried Onions.*

Peel and slice. Fry in butter or meat gravy, with half cup water. Season with pepper and salt, and serve hot.

### *Carrots.*

Wash and scrape. Leave in water half an hour. Boil until tender in salted water. Chop or mash fine, seasoning with butter, pepper and a few teaspoonfuls of cream or milk.

### *Carrots Stewed.*

Prepare to boil by cutting lengthwise. Slice thin. When done put in a saucepan 2 tablespoonfuls of butter and 1 cupful milk. Season with pepper. Some like a dash of cayenne. Add very little sugar and stew half an hour.

### *Stewed Okra.*

Slice young, tender pods in rounds. Boil twenty minutes in salted water. Drain, and season with butter and pepper. This may be poured over buttered toast if desired. A half cup of hot cream or very rich milk is an addition.

### *Stewed Celery.*

Scrape and wash the celery. Cut in inch lengths and cook twenty minutes in boiling salted water. Drain, pour in a cup of milk, let boil and add 1 tablespoonful of butter rolled in flour, pepper and salt, and stew gently a few minutes; or, tie in bunches like asparagus, boil, season and serve on buttered toast.

### *Beets.*

Wash carefully, neither cutting nor scraping, that juice and color may be preserved. Boil until tender. In summer this will take an hour, in winter at least three hours. Slice hot and season with plenty of butter, pepper, salt and a little vinegar, and serve. Slice some up for pickles and put in cold spiced vinegar, or plain vinegar. The tops, and the young beets thinned out, make excellent greens.

### *Summer Squash. (Boiled.)*

Pare and cut in slices 3 summer squashes, remove the seeds and cut the slices in squares. Put them into a saucepan, cover with boiling water, add a teaspoonful of salt and boil twenty minutes. When done, drain in a colander and press gently; then mash fine, turn into a strainer cloth, and squeeze until the squash is dry. Now put into a small saucepan a tablespoonful of butter and the squash, add salt and pepper to taste, stir until thoroughly heated, and serve.

Or, cut into slices, dust with salt and pepper, dip first in egg and then in bread crumbs, and fry, and serve the same as egg plants.

### *Spinach.*

Wash and put into a tin dish without water. Put this into another vessel with water, which let boil fifteen minutes. Drain, but do not press, chop fine, add hard boiled eggs, 3 to a quart after it is cooked. Season with butter, pepper and salt. Return, and cook ten minutes.

*Winter Squash.*

The small Hubbard squash is best for baking. Saw the squash in halves; scrape out the soft part and the seeds. Put the halves in the oven, and bake about three-quarters of an hour, or until tender. Serve in the shell. Help out by spoonfuls.

*Boiled Spinach.*

Look over carefully, and wash well. Boil in clear hot water until tender. Drain in a colander. Cut fine with a knife. Return to a vessel on the stove and season with prepared mustard, butter, pepper and salt.

Spinach is sometimes covered with nicely poached eggs.

*To Peel Tomatoes.*

Place your tomatoes in a pan and pour over them boiling water, let stand three or four minutes. Drain and peel. This loosens the skins so that they readily slip off and are much preferred to paring, or they can be placed in a wire basket—and plunged in water.

*Stewed Tomatoes.*

Scald by pouring water over them, peel, slice and cut out all defective parts; place a lump of butter in a hot skillet, put in tomatoes, season with salt and pepper, keep up a brisk fire, and cook as rapidly as possible, stirring with a spoon or chopping up with a knife (in the latter case wipe the knife as often as used or it will blacken the tomatoes). Cook half an hour. Serve at once in a deep dish lined with toast. When iron is used, tomatoes must cook rapidly and have constant attention. If prepared in tin or porcelain, they do not require the same care.

*Broiled Tomatoes.*

Select firm ripe tomatoes, cut in thick slices and broil on a well greased gridiron over a clear fire, turning. A double wire broiling iron is almost a necessity. Arrange the slices on a heated plate and pour over them melted butter seasoned with salt and cayenne. Serve immediately.

*Tomato Toast.*

Run a quart of stewed ripe tomatoes through a colander, place in a porcelain stewpan, season with butter, pepper and salt and sugar to

taste; cut slices of bread thin, brown on both sides, butter and lay on a platter, and just as the bell rings for tea add a pint of good sweet cream to the stewed tomatoes, and pour them over toast.

### *Baked Stuffed Tomatoes.*

Take rather large regularly shaped fruit, cut a small slice from the blossom end and scrape out all the soft part. Mix this with stale bread crumbs, butter, pepper and salt, some parsley and a little chopped onion. Fill the tomatoes carefully; set them in a dish with a little butter in it. Let them bake three-quarters of an hour in a moderately hot oven, watching that they do not burn or become dry.

### *Escalloped Tomatoes.*

Put in a buttered baking dish a layer of bread or cracker crumbs seasoned with bits of butter, then a layer of sliced tomatoes seasoned with pepper, salt, and sugar if desired, then a layer of crumbs, and so on till the dish is full, finishing with the crumbs. Bake from three-quarters of an hour to an hour. Onions, prepared by soaking over night in hot water, dried well, sliced in nearly half-inch slices, and browned on both sides in a frying pan with butter, may be added, a layer on each layer of tomatoes.

### *Deviled Tomatoes.*

One pint of thickly sliced tomatoes, 1 yolk of egg, hard boiled, 2 tablespoonfuls melted butter, one and one-half tablespoonfuls of vinegar, 1 raw egg, whipped light, 1 teaspoonful powdered sugar, salt, mustard and pepper.

Rub the boiled yolk with the butter and seasoning; add the vinegar boiling hot; beat light. Stir in the beaten egg until the mixture thickens. Set the dish in hot water. Broil the sliced tomatoes as per directions given above. Lay the slices on a hot dish and pour the hot sauce over them.

### *Sliced Tomatoes.*

Prepare half an hour before dinner, scald a few at a time in boiling water, peel, slice, and sprinkle with salt and pepper, set away in a cool place, or lay a piece of ice on them. Serve as a relish for dinner in their own liquor. Those who desire may add vinegar and sugar.

*Fried Green Tomatoes.*

Take large green tomatoes and cut in slices one-half inch thick, rejecting the first and last slice; roll them in flour and slowly fry brown in plenty of butter. Sprinkle pepper and salt over them. Some like a little sugar; serve on a hot dish. Nice for an entree or garnish for meats.

The dish resembles egg plant. Scald the sliced tomatoes in salt water before frying.

*Fried Green Tomatoes and Onions.*

Slice onions and green tomatoes, scald the tomatoes in salt water; then fry together in butter or dripping, stirring well. Season with salt and pepper. A teaspoonful of water may be added if necessary.

*Asparagus.*

Get the stalks of equal length if you can. Tie up. Boil in salted water not quite half an hour. Lay on buttered toast, and pour drawn butter over it. Asparagus is very nice cut up into half-inch pieces and cooked same as green peas.

*Succotash.*

Ten ears green corn; one pint Lima beans; cut the corn from the cob, and stew gently with the beans until tender. Use as little water as possible. Season with butter, salt and pepper—milk, if you choose.

*Fried Cucumbers.*

Pare them and cut lengthwise in very thick slices; wipe them dry with a cloth; sprinkle with salt and pepper, dredge with flour, and fry in lard and butter, a tablespoonful of each, mixed. Brown both sides, and serve warm.

*Green Peas.*

One peck will answer for a family of four or five. Shell them, but do not wash, as this injures the flavor. Put them in boiling salted water; add a teaspoonful of white sugar, and cook one-half hour. Drain, pepper and salt lightly, and stir in one-fourth teaspoonful salt, and serve hot.

Creamed peas may be stewed, and when the water is very nearly absorbed, turn in cream or milk sufficient for the required amount of



liquid. Let it boil up and season to taste with butter, pepper and salt. One-half teaspoonful of white sugar may be added, or boil the pods in water first.

Canned peas may be cooked in like manner. Soak dried peas over night and cook same way.

### *Boiled Corn.*

Put the well cleaned ears in salted boiling water, boil an hour, or boil in the husk for the same time, remove husks and serve immediately. Corn thoroughly cooked is a wholesome dish.

### *Roasted Green Corn.*

Strip off all the husk from green corn, and roast it on a gridiron over a bright fire of coals, turning it as one side is done. Or, if a wood fire is used, make a place clean in front of the fire, lay the corn down, turn it when one side is done; serve with salt and butter.

### *Tomatoes a la Cream*

Select the finest tomatoes—take one quart, pare and slice; stew until perfectly smooth, season with salt, pepper, and add a piece of butter the size of an egg, with a tablespoonful of flour stirred smooth in it; just before taking from the fire, stir in one cup of cream; do not let it boil after the cream is put in. Have ready in a dish pieces of toast; pour the tomatoes over this and serve. Should be eaten at once and not allowed to stand.

### *Corn Oysters.*

Score and press the corn as directed in preceding recipe, and to every pint of pulp allow 2 eggs, 2 heaping tablespoonfuls of flour, half teaspoonful of salt, 1 dash of cayenne, 1 dash of black pepper. Beat the eggs separately; add first the yolks and then the whites to the corn, mix gently, add the salt, cayenne pepper and flour; mix again. Put 2 tablespoonfuls of lard or butter in a frying pan; when hot, drop the mixture by spoonfuls into it, when brown on one side, turn and brown the other. Serve very hot.

### *Gold Corn.*

Cold corn left from dinner may be cut from the cob, covered with milk, and stewed five minutes. Season with a bit of butter, salt and pepper.

### *To Cook Dried Corn.*

Cover 1 pint of corn with warm water and stand it on the back part of the stove over night. In the morning, if it has absorbed all the water, add more, and cook slowly two hours, or until you are ready to use; then add salt, pepper, a tablespoonful of butter, and a half pint cream.

### *Stewed Salsify or Oyster Plant.*

One bunch oyster plant, eight teaspoonfuls butter, a little flour, pepper and salt, one cup milk. Wash and scrape the oyster plant very carefully; drop into water, bring quickly to a boil, and cook ten minutes, till the water mostly evaporates; add pepper and salt and two tablespoonfuls of butter; stew in this until tender. Meanwhile heat in a farina kettle the milk, thicken, add the remaining butter, and keep dry until the salsify is done, then transfer it to this sauce; pepper and salt; pour into a covered dish on toast.

### *Vegetable Oyster.*

One bunch of oysters; boil and mash. Flour to make a batter; add two eggs, beaten, and the oysters. Fry in hot lard—drop in spoonfuls.

### *Greens.*

A good healthful and palatable dish of vegetable is what is known as greens. Dandelions, cowslips, mustard and chicory. Care must be used in selecting these. Get only the young and tender ones. They must be carefully examined, then thoroughly washed in several waters. Some cooks always throw in the water in which they are rinsed, a handful of salt, this frees them from worms and insects of all kinds. When ready for cooking, put them in a large kettle half full of salty water, in which corn beef or salt pork has been cooked. This adds a flavor to the greens—then cook until the stocks are tender. It usually takes an hour to cook them thoroughly done. When tender, take them up with a skimmer and place in a vegetable dish. Press out all the water, and over the top lay slices of eggs, cut cross-wise—sprinkle with pepper; add a little butter and serve hot—to be eaten with vinegar.

### *Mashed Potatoes.*

Mashed potatoes may be made a highly ornamental dish; after shaping it, as taste may direct, trim the edge of the plate with a wreath of celery leaves or green parsley; or first brown the outside in an oven or before the fire.

### *Fried Parsnips.*

Boil the parsnips as directed in the preceding recipe. When done, drain, season with salt and pepper, dip first in melted butter and then in flour. Put 2 tablespoonfuls of dripping in a frying pan; and when hot, put in enough parsnips to cover the bottom of the pan. Fry brown on all sides.

### *Boiled Parsnips with Cream Sauce.*

If the parsnips are young, scrape and throw into cold water; if old, pare and cut in quarters. Put them into a saucepan of boiling water and boil until tender (if young, three-quarters of an hour; if old, one and a quarter hours). When done, drain them, lay them on a heated dish, heads all one way, cover with cream sauce or drawn butter, and serve with corned beef or boiled salt fish.

### *Sour or Narrow Dock.*

This is a common weed in our rich ground and pastures. The leaves are long, narrow and curly, and may be cooked the same as spinach. It is supposed to possess an alterative property, forming an excellent diet in scorbutic cases.

### *Boiled Dandelions.*

Use the first shoots of the dandelions. They are not fit for food after they blossom, as they then become bitter and stringy. Cut off the roots, pick them over carefully, and wash well in several waters; then put them in a saucepan, cover with boiling water, add a teaspoonful of salt, and boil one hour. When done, drain and chop fine; then put them in a frying pan, add tablespoonful of butter, salt and pepper to taste; stir until thoroughly heated, and serve with egg sauce.

## MUSHROOMS.

The skin of the good mushroom peels off easily. Those with yellow or white gills, and those which grow in low, damp, shady places, or around decayed stumps of old trees, or any other decayed matter, are to be avoided.

The good mushrooms have invariably an agreeable smell, while the poisonous have a rank putrid smell. It is always safe to use the canned mushrooms, which are convenient and cheap, but tough and indigestible, and we caution those who eat them to masticate diligently.

### *To Stew Canned Mushrooms.*

One can of mushrooms, yolk of 1 egg, 1 tablespoonful of sherry, if you use it, 1 tablespoonful of butter, half pint milk, salt and pepper to taste (white is best), 1 tablespoonful flour. Drain the mushrooms. Put the butter in a porcelain or granite saucepan, add to it the flour, mix until smooth; add the milk, and stir continually until it boils; then add the mushrooms, salt and pepper, stir until thoroughly heated. Take from the fire, add the well beaten yolk of the egg and the wine, then serve. In cooking canned mushrooms, do not boil, as they are already cooked, and the second boiling toughens them.

### *Baked Mushrooms.*

For this, choose the larger mushrooms. Peel, cut off the stalks close to the top, place them upside down in a pie dish, sprinkle with salt and pepper, and put in a tiny piece of butter in each mushroom. Bake in a quick oven twenty minutes, basting two or three times with a little melted butter. Serve hot on the dish in which they are baked.

### *Boiled Mushrooms.*

For this, choose the largest mushrooms you can get. Peel, cut off the stalks close to the top, baste them well with melted butter, dust lightly with salt and pepper, and let them stand a half hour. Then place them in a wire broiler, close the broiler very carefully so as not to break them, broil them over a clear fire, first on one side and then on the other. Open the broiler, remove them carefully with a spoon, place them on small squares of buttered toast, pour on a little melted butter, and serve.

### *Boiled Dinner.*

Put meat on, after washing well, in enough boiling water to just cover the meat; as soon as it boils set kettle on the stove where it will simmer or boil very slowly; boil until almost tender, put in vegetables in the following order: Cabbage cut in quarters, turnips of medium size cut in halves, and potatoes whole, or if large cut in two; peel potatoes and turnips and allow to lay in cold water for half an hour before using. The meat should be well skimmed before adding vegetables; boil together until thoroughly done (adding a little salt before taking out of kettle), when there should be left only just enough water to prevent burning; take up vegetables in separate dishes, and lastly the meat; if there is any juice in kettle, pour it over cabbage. Boil cabbage an hour, white turnips and potatoes half an hour, ruta-bagas an hour and a half to two hours. A soup plate or saucer turned upside down, or a few iron tablespoons are useful to place in bottom of kettle to keep meat from burning. Parsnips may be substituted in place of cabbage and turnips, cooking them three quarters of an hour.

### *Boiled Dinner. (New England Style.)*

The above may be made a *New England Boil* by using corned beef and all kinds of vegetables. Garnish meat platter with hot boiled beets.

### *Mushrooms, Stewed.*

If fresh, let them lie in salt and water about an hour, then put them in the stewpan, cover with water and let them cook two hours gently. Dress them with cream, butter and flour as oysters, and season to taste.

### *Mushrooms, Fried.*

When peeled put them into hot butter and let them heat thoroughly through—too much cooking toughens them. Season well with butter, pepper and salt. Serve on buttered toast; a teaspoon of wine or vinegar on each mushroom is a choice method.

### *Asparagus upon Toast.*

Tie the bunch of asparagus up with soft string, when you have cut away the wood, and cook about twenty-five minutes in salted boiling water. Have ready some slices of crustless toast; dip each in the asparagus liquor; butter well while hot and lay upon a heated dish. Drain



the asparagus, and arrange upon the toast. Pepper, salt and butter generously.

### *Dry Lima Beans.*

Wash 1 quart of dry Lima beans in two warm waters, soak three hours, drain, and put on to cook in enough boiling water to cover them; cover pot with tin lid, adding more hot water as it boils away, boiling rapidly for one and a half hours, when there should be only water enough to come up to top of the beans—just sufficient to make a nice dressing. Five minutes before taking up, season with salt and pepper, and stir in a dressing made of 1 tablespoon each of flour and butter, rubbed together until smooth. This is a delicious dish.

### *String Beans.*

String, snap and wash 2 quarts beans, boil in plenty of water about fifteen minutes, drain off and put on again in about 2 quarts boiling water; boil an hour and a half, and add salt and pepper just before taking up, stirring in one and a half tablespoons butter rubbed into 2 tablespoons flour and half pint sweet cream. Or, boil a piece of salted pork one hour, then add beans and boil an hour and a half. For shelled beans boil half an hour in water enough to cover, and dress as above.

### *Pork and Beans.*

Pick over carefully a quart of beans and let them soak over night; in the morning wash and drain in another water, put on to boil in cold water with half a teaspoon of soda; boil about thirty minutes (when done, the skin of a bean will crack if taken out and blown upon), drain, and put in an earthen pot, salt, with 2 or 3 tablespoons of molasses. When the beans are in the pot, put in the center half or three-fourths of a pound of salt pork with the rind scored in slices or squares, and uppermost; season with pepper and salt if needed; cover all over with hot water, and bake six hours or longer in a moderate oven, adding hot water as needed; they cannot be baked too long. Keep covered so that they will not burn on the top, but remove cover an hour or two before serving, to brown the top and crisp the pork.

### *How to Boil Rice.*

Rice should be carefully picked over, washed in warm water, rubbed between the hands, and then rinsed several times in cold water till white.

Put 1 teacupful in a tin pan or porcelain kettle, add 1 quart boiling water; boil fifteen minutes, not stirring, but taking care that it does not burn; add 1 teaspoon salt, pour into a dish and send to table, placing a lump of butter in the center. Cooked thus the kernels remain whole.

To boil rice in milk, put a pint rice into nearly 2 quarts of cold milk an hour before dinner, add 2 teaspoons salt, boil very slowly and stir often; cook on back part of stove or range so as to avoid burning, and take it up into a mould or bowl wet in cold water a short time before serving.

Or, after cooking, drain carefully, stir in 2 well-beaten eggs, 1 tablespoon grated cheese, half a tablespoon butter, half a teaspoon salt; bake a few minutes in shallow pans. Some soak rice an hour or two before cooking.

### *Baked Rice.*

One small cupful of rice, 1 quart of milk, 1 teaspoonful of salt, 1 tablespoonful of butter, to be used in buttering the pudding dish. Wash the rice in two waters and put into the dish; add the milk and bake in a slow oven two hours. It must swell and be a firm mass. If it browns too fast cover till nearly done and serve very hot; 2 large spoonfuls of grated cheese are sometimes added. Serve as a vegetable.

### *Rice, Southern Manner.*

Prepare the rice for cooking; allow 1 quart of water to 1 cupful of rice; salt a little and when boiling put in the rice. Boil twenty minutes drain closely, set the kettle back over the bed of coals and steam fifteen minutes with the lid off. When done every kernel will be found perfect and tender.

Rice is very nice cooked in this manner instead of steaming. Add a cupful of milk, and let cook an hour or more.

### *Asparagus with Eggs.*

Boil a bunch of asparagus twenty minutes; cut off the tender tops and lay in a deep pie-plate, buttering, salting, and peppering well. Beat four eggs just enough to break up the yolks, add a tablespoonful of melted butter, with pepper and salt, and pour upon the asparagus. Bake eight minutes in a quick oven, and serve immediately, or it will not be so good.

### *Asparagus upon Toast.*

Tie the bunch of asparagus up with a soft string, when you have cut away the wood, and cook about twenty-five minutes in salted boiling water. Have ready some slices of crustless toast; dip each in the asparagus liquor; butter well while hot, and lay upon a heated dish. Drain the asparagus, and arrange upon the toast. Pepper, salt, and butter generously.

### *Baked Macaroni.*

Take about 3 ounces macaroni and boil till tender in a stewpan with a little water; take a pudding dish or pan, warm a little butter in it, and put in a layer of macaroni, then a layer of cheese grated or cut in small bits, and sprinkle over with salt, pepper and small pieces of butter, then add another layer of macaroni, and so on, finishing off with cheese; pour on rich milk or cream enough to just come to the top of the ingredients, and bake from one-half to three-quarters of an hour. Rice may be used instead of macaroni by first cooking as follows: Pick and wash a cup of rice, put in a stew kettle with 3 cups boiling water, and set over the fire—the boiling water makes the kernels retain their shape better than when cold water is used. When done put a layer of rice, cheese, etc., alternately as you would macaroni, and bake in the same way.

### *Macaroni with Cheese.*

One pint of Italian macaroni, broken in inch pieces; drop in 1 quart of boiling water, to which an even teaspoonful of salt has been added. Boil twenty minutes and drain; pour over it enough milk to cover and cook until tender. Butter a pudding dish, cover the bottom with grated cheese; add layers of macaroni, then of cheese until sufficient; cover the last layer of cheese with bread crumbs. Bake in a quick oven fifteen minutes. If the top is not brown heat a shovel red hot, and brown.

### *Hominy.*

Soak 1 quart of ground hominy over night, put over the fire in a tin pail, set in boiling water with water enough to cover, boil gently for five hours, as it can not be hurried. After the grains begin to soften, on no account stir it. The water put in at first ought to be enough to finish it, but if it proves too little, add more carefully, as too much makes it

sloppy. Salt just before taking from the stove, as too early salting makes it dark. If properly done, the grains will stand out snowy and well done, but round and separate.

### *Hominy Croquettes.*

Hominy croquettes may be made precisely the same as rice croquettes, using 2 cups of grits instead of 1 cup of rice. Hominy fried makes a fine breakfast dish. To be eaten with maple syrup.

### *French Artichokes.*

French artichokes have a large, scaly head, like the cone of a pine tree.

Strip off the coarse outer leaves, cut the stalks off about an inch from the bottom, wash well in cold water, then throw them in boiling water, add a teaspoonful of salt, and boil slowly until the outer leaves are tender; then take from the fire, put them upside down on a plate to drain. Arrange in a circle upon a hot dish, the tops up, pour over them Béchamel or sauce Hollandaise, and serve.

### *Jerusalem Artichokes.*

Wash and scrape the artichokes, throw them into cold water, and soak two hours, then cover them with boiling water, and boil until tender; watch closely, or they will harden again. Serve with cream sauce.

### *Kale.*

Kale may be cooked and served the same as spinach.

### *Sea Kale.*

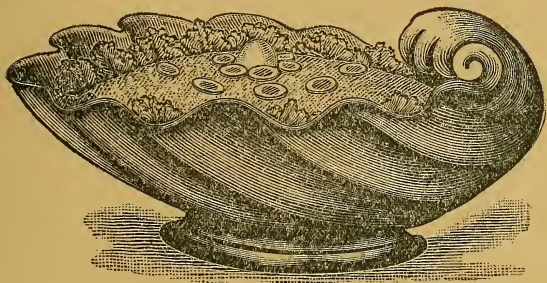
Cook in bunches, like asparagus, and serve similarly.

### *Endive.*

Endive may be wilted the same as dandelions or lettuce.



## SALADS.



In giving recipes for salad dressings, it is almost impossible to give exact quantities, especially if we consider the great diversity of tastes. Delmonico, it is said, used only one yolk as a foundation for a quart of oil, with salt and cayenne as seasoning. For fish, meats, and some vegetables, such as cauliflower, tomatoes and celery, this dressing (mayonnaise) seems appropriate; but the simple French dressing for lettuce, served as a salad after a hearty meal, is best. In preparing these dressings, use a silver or wooden fork, a large soup plate, which should be very, very cold, and the freshest and best olive oil, cayenne or white pepper, and good strong vinegar or lemon juice. Cream and melted butter may be used in the place of oil, and is a fairly good substitute.

If you wish to preserve the crispness and flavor of green vegetables for salads, throw them in ice water for an hour, then dry carefully on a soft towel, being careful not to bruise them, and then put in a cold place until wanted. Never mix any salad with the dressing until you are ready to serve it. Use the coldest of dishes to serve it on, and if



garnished properly, it is one of the most attractive and wholesome dishes on the table.

The vegetables used in salad are: Beet root, onions, potatoes, cabbage, lettuce, celery, cucumbers, lentils, haricots, winter cress, peas, French beans, radish, cauliflower—all these may be used judiciously in salad, if properly seasoned, according to the following directions:

### *Mayonnaise Dressing.*

Two yolks of eggs, well beaten, half teaspoonful mustard, one and a half teaspoonfuls vinegar, half teaspoonful salt, small half cupful salad oil, pinch of red pepper. Have all the materials as cold as possible. Beat the egg and mustard one minute and begin adding the oil a drop at a time, beating continually. When like a jelly add a little lemon juice, and begin with a few drops of vinegar at a time, beating all the while. If there is a tendency to curdle put back on ice a few minutes. When the vinegar is used up add the salt and pepper; whip five minutes more. Pour into a glass or silver pitcher and keep on ice until served. This dressing will keep a long time, and may be made in advance when yolks are left over from baking. Cork the bottle with a glass stopper.

By using the whites of eggs a white mayonnaise sauce is formed. Mayonnaise sauce is suitable for all kinds of salad, chicken, lettuce, tomatoes, etc. The yolks of 2 eggs will answer for every three guests, though this is a large allowance.

### *French Dressing.*

One tablespoonful of vinegar, 3 tablespoonfuls of olive oil, half teaspoonful of salt, one-fourth teaspoonful of black pepper. Put the salt and pepper in a bowl, add gradually the oil, rub and mix until the salt is thoroughly dissolved; then add by degrees the vinegar, stir continually for one minute, and it is ready to use.

Tarragon vinegar may be used for this dressing instead of plain vinegar.

### *Salad Cream Dressing.*

One gallon cabbage cut very fine, pint vinegar, pint sweet cream, half cup sugar, teaspoon flour, 2 eggs, and a piece of butter the size of a walnut; put vinegar, sugar and butter in a saucepan and let boil; stir eggs, cream and flour, previously well mixed, into the vinegar, boil thor-

oughly and throw over the cabbage previously sprinkled with 1 tablespoon salt, 1 of black pepper and 1 of mustard.

### *Cream Dressing No. 2.*

Two tablespoonfuls of whipped sweet cream, 2 of sugar and 4 of vinegar; beat well and pour over the cabbage, previously cut very fine and seasoned with salt.

### *Cream Dressing for Cold Slaw.*

Two tablespoons whipped sweet cream, 2 of sugar and 4 of vinegar; beat well and pour over cabbage, previously cut very fine and seasoned with salt.

### *Beef Salad.*

One cup beef, chopped fine, 3 hard boiled eggs, 1 teaspoonful of mustard, teaspoonful oil, a little salt, dash of pepper and a little vinegar. Set it in a cold place till ready to use.

### *Salmon Salad.*

One quart of cooked salmon, 2 heads of lettuce, 2 tablespoonfuls of lemon juice, 1 of vinegar, 2 of capers, 1 teaspoonful of salt, one-third of a teaspoonful of pepper, 1 cupful of mayonnaise dressing, or the French dressing. Break up the salmon with two silver forks. Add to it the salt, pepper, vinegar and lemon juice. Put in the ice chest or some other cold place, for two or three hours. Prepare the lettuce as directed for lobster salad. At serving time, pick out leaves enough to border the dish. Cut or tear the remainder in pieces, and arrange these in the center of a flat dish. On them heap the salmon lightly, and cover with the dressing. Now sprinkle on the capers. Arrange the whole leaves at the base; and, if you choose, lay one-fourth of a thin slice of lemon on each leaf.

### *Lobster Salad.*

Two lobsters (weighing four or five pounds), the tender leaves from 2 heads of lettuce, half pint mayonnaise. Boil and prepare the lobsters as directed for boiled lobster. When cold, take out the meat. Cut the meat into dice with a silver knife, and stand it in a cold place until wanted. Make the mayonnaise dressing. Clean the two tail shells, and one back, in cold water, and with scissors remove the thin shell from the under side of the tail. Wash and dry lettuce leaves, put them around

the salad dish in two or three layers. Join the shells together in the form of a boat, the body shell in the center, place them in the salad dish. Mix the mayonnaise and lobster together, put it into this boat. If there is any coral, mash it fine and sprinkle it over the whole. Garnish with a chain of the whites of hard boiled eggs cut into slices and linked together. Serve immediately.

### *Chicken Salad.*

Boil 1 chicken tender; chop moderately fine the whites of 12 hard boiled eggs and the chicken; add equal quantities of chopped celery and cabbage; mash the yolks fine, add 2 tablespoons butter, 2 of sugar, 1 teaspoon mustard; pepper and salt to taste; and lastly, one-half cup good cider vinegar; pour over the salad, and mix thoroughly. If no celery is at hand, use chopped pickled cucumbers or lettuce and celery seed. This may be mixed two or three days before using.

### *Veal Salad.*

Veal salad may be made precisely the same as chicken salad, using cold roast or boiled veal instead of chicken.

### *Salad of Crabs.*

One pint of oyster crabs, half pint of mayonnaise, 1 head of lettuce. Throw the oyster crabs into boiling salted water for five minutes, drain, and dry very carefully on a soft towel. When ready to use, mix them with the mayonnaise and serve on the crisp lettuce leaves.

These come in glass jars already blanched; simply drain, wipe, and they are ready to use.

### *Red Vegetable Salad.*

One pint of cold boiled potatoes, 1 pint of cold boiled beets, 1 pint of uncooked red cabbage, 6 tablespoonfuls of oil, 8 of vinegar; salt to taste and little pepper. Cut the potatoes in thin slices and the beets fine, and slice the cabbage as thin as possible. Mix all the ingredients. Let stand in a cold place one hour; then serve.

### *Cucumber Salad.*

Two young cucumbers, half teaspoonful of salt, one-fourth teaspoonful of black pepper, 4 tablespoonfuls of vinegar. Pare and slice the cucumbers very thin, soak them in cold water one hour, then drain and dry. Put them in your salad bowl, sprinkle them with the salt and pepper, and pour over the vinegar. Serve immediately.

*Potato Salad.*

Boil 4 large Irish potatoes, peel and mash smooth; mince 2 onions, and add to the potato, make a dressing of the yolks of 3 hard boiled eggs, 1 small teacup of vinegar, 1 teaspoon black pepper, 1 dessertspoon each of celery seeds and salt, 1 tablespoon each of prepared mustard and melted butter; mix well with potato, and garnish with slices of egg and celery or lettuce. Or, chop cold boiled potatoes fine, with enough raw onions to season nicely; make a dressing as for lettuce salad, and pour over it.

*Mayonnaise of Salmon.*

One pint of cold boiled or canned salmon, free from all bones and skin, and a half pint of mayonnaise, may be mixed together and served on a bed of crisp salad leaves.

*Oyster Salad.*

Boil twenty oysters in their own liquor five minutes, drain, wash in cold water, then dry and stand away until very cold. When cold, mix with a half cup of mayonnaise, and serve on crisp salad leaves.

*Cold Slaw.*

Select the finest head of cabbage, cut up enough into shreds to fill a large vegetable dish or salad bowl—shave very fine, and after that chop up, the more thoroughly the better. Put this into a dish in which it is to be served, after seasoning it well with salt and pepper. Turn over it two tablespoons whipped sweet cream, two of sugar, and four of vinegar; beat well and pour over cabbage.

The finer the cabbage is shredded the nicer the salad. Set on ice. Red cabbage can be used if desired.

*Plain Cold Slaw.*

Slice cabbage very fine; season with salt, pepper and a little sugar; pour over vinegar and mix thoroughly. It is nice served in the center of a platter with fried oysters around it.

*Fruit Salad Dressing.*

Four tablespoonfuls of sugar, 1 gill of sherry, 1 tablespoonful of maraschino, 2 tablespoonfuls of champagne. Mix all the ingredients together, and stir until the sugar is dissolved.

### *Cauliflower Salad.*

One medium-sized head of cauliflower, half pint of mayonnaise. Boil the cauliflower as directed, throw into cold water until wanted, then pick it apart carefully, dry with a soft napkin, put in the salad dish, pour over the mayonnaise, let it stand fifteen minutes, and serve.

### *Lettuce Salad.*

Three heads lettuce chopped, 1 cup boiling sweet milk, 1 small teacupful vinegar, 1 tablespoonful butter, 2 well beaten eggs, 1 tablespoonful white sugar, 1 teaspoonful celery essence, salt and pepper to taste. Heat the milk and vinegar in separate vessels. When the vinegar boils put in the butter, sugar and seasoning. Boil up once and pour over the lettuce. To the hot milk add the eggs. Cook one moment after they begin to thicken. Pour this custard over salad, stir quickly, cover, and set to cool.

### *Cabbage and Celery Salad.*

Shred a full head of cabbage, two bunches celery; chop fine; season with salt and vinegar, two teaspoonfuls sugar, one teaspoonful cream, one teaspoonful mustard, one tablespoonful butter. Heat the dressing and mix with cabbage and celery; into this chop two hard-boiled eggs.

### *Tomato Salad.*

Peel and slice the tomatoes. Set them in a cool place, on ice if possible. One egg beaten very light, 2 teaspoonfuls of sugar, 1 onion chopped fine, 2 tablespoonfuls vinegar, 1 tablespoonful of lemon juice, 1 teaspoonful of salt, 2 tablespoonfuls sweet oil, pinch of cayenne pepper. Mix thoroughly, adding the oil last. Pour over the tomatoes and garnish with hard boiled eggs. This quantity of dressing will answer for 1 quart of sliced tomatoes.

### *Apple Salad.*

Six apples, 4 tablespoonfuls of powdered sugar, one-quarter teaspoonful of cinnamon, 1 gill of sherry. Pare, core, and cut the apples into very thin slices. Put a layer of these slices in the bottom of a glass dish, sprinkle them with the sugar, and a little cinnamon, then another layer of apples, and so continue until all is used. Pour the wine over, and stand away in a cold place for one hour, and it is ready to use.



*Water Cress Salad.*

Wash and pick over the cress, shake off the moisture, and serve. At table pick the twigs apart and season with sugar, pepper, salt, vinegar and oil. This, with crackers and cheese, is sufficient for one course. A window garden of cress kept growing through the winter will be found very useful for salads and garnishes.

*Hot Lettuce Salad.*

Half cup sour cream, fill the cup with vinegar, 1 egg well beaten; turn all into a frying pan with a little melted butter, or dripping, and a pinch of salt. Have the lettuce prepared, and when the mixture boils pour in the prepared lettuce. Stir well together.

*Tomatoes Raw.*

Peel, slice thin, pile in a pretty dish, sprinkling salt and pepper between the layers, and put in the cellar or on ice, two or three hours, to cool. In serving let each guest add sugar and vinegar to suit the taste. A few slices of large yellow tomatoes scattered among the red improves the appearance of the dish.

*Apricot Salad.*

Pare, cut the apricots in halves, and remove the stones. Arrange the halves neatly in a bowl, with the stone sides up; then pour over them fruit salad dressing, stand in a cold place one hour, and serve.

*Banana Salad.*

Peel and cut 6 bananas into thin slices, then pour over them fruit salad dressing, stand in a cold place one hour, and serve.

*Orange Salad.*

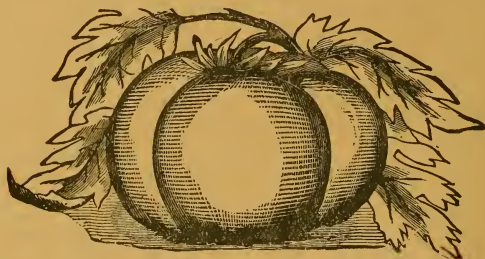
Peel, cut 6 oranges into slices and remove the seeds, pour over them fruit salad dressing, stand away one or two hours, and serve.

Mandarins may be used in the same manner.

*Peach Salad.*

Made precisely the same as apricot salad.

## PASTRY, PIES AND TARTS.



Mrs. Roher, who presided over the Cooking School at the World's Fair, said in one of her talks, that to make a good pie, first, above all things, have everything cool, including yourself. Use a good, fine flour and the best of butter, a marble slab for pastry board, and a rolling pin with movable handles. Always use ice water or the very coldest of water. Paste was much improved by keeping over night in a cold place, but never allow it to freeze as its lightness is ruined.

Mrs. Roher's talk was not all theory but practice, as she stood before the pastry table, queenly in her manner, working out with hand the ideas and suggestions as she went along, it would seem as if her pastry might become food fit for the gods.

A great improvement is made in pie crust by the addition of about a heaping teaspoonful of baking powder to a quart of flour.

### *Mrs. Roher's Puff Paste.*

One pound of sifted flour, 1 pound of good butter, 1 teaspoonful of salt, 1 teaspoonful of sugar, white of 1 egg, a cup or more of ice water. Scald a large bowl, then fill it with cold water and let stand until the bowl is cold. Wash the hands in hot soapsuds, then rinse them in cold water, but do not dry them. This prevents the butter from sticking to

the hands and bowl. Turn the water out of the bowl, and nearly fill it with ice water, put the butter into it and wash by working it with the hands under the water until it becomes soft and elastic; then put it into a cake, and put it on the ice until wanted. Put the flour on a marble slab or a very large meat plate, make a well in the center of it, and put into this well a lump of the washed butter the size of an egg, the white of the egg, sugar and salt. Now work this with the thumb and two fingers to a paste, add gradually the ice water, and gradually work in the flour. When all is worked in, knead as you would bread for five minutes, then cut the paste into halves, roll out each half into a sheet, quickly break the butter into bits, and lay it over one sheet; dredge it thickly with flour; cover with the other sheet, pound lightly with the rolling-pin; roll *from you* into a long, thin sheet; now fold in first the sides, then the ends; turn the paste around so that the fold will run to and from you. Now roll *from you* again, fold as before, place it on a tin pie dish and stand it away on the ice for fifteen minutes, then roll and fold twice again, and again stand on the ice. Do this until you have rolled it eight times. Let it stand on the ice over night, and it is ready for use.

### *Plain Crust Half and Half.*

One quart of sifted flour, one-half cup of lard, one-half cup of butter, 1 teaspoonful of salt, nearly a cup of ice water. Wash the butter; put it on the ice until wanted. Put the flour into a mixing bowl, add the salt, mix, and with the hands quickly rub into it the lard; add the water gradually. Dredge the baking board lightly with flour, turn the paste out on this and roll from you into a long, thin sheet. Now take the butter from the ice, break it quickly into small bits and place them over the paste; dredge quickly with flour, fold in the sides, then the ends; turn so that the last fold will run to and from you, and roll from you again. Never roll but the one way. Now fold the same as before, and roll out again; do this four times. Stand it on the ice, or in a cold place for one hour, and it is ready for use. It may be kept two or three days in a cool place.

### *Plain Paste with Lard.*

Many housekeepers always use lard instead of butter for pastry, simply because it is cheaper; but as it makes a greasy and brittle crust,

there is no doubt that it is more indigestible than the light, flaky and tender crust made from good, sweet butter. For the benefit of those who use lard, the following recipe is given: One quart of sifted flour, 1 cup of lard, 1 teaspoonful of salt, nearly a cup of ice water. Make and roll precisely the same as plain paste.

### *Suet Pie Crust.*

One pound of flour, 6 ounces of beef suet, 1 cup of ice water, 1 teaspoonful of salt. Remove the fiber from the suet, and chop it very fine; add gradually the flour; then add the salt; mix with a knife, and add gradually the water—more or less, as the flour requires—roll out, and it is ready for use. This paste is nice for apple dumplings and meat pies.

### *Good Common Paste.*

One coffee cup lard, 3 of sifted flour, and a little salt. In winter soften the lard a little (but not in summer), cut it well into the flour with a knife, then mix with cold water quickly into a moderately stiff dough, handling as little as possible. This makes four common sized pies. Take a new slice of paste each time for top crust. After rolling spread with a teaspoon, butter, fold and roll again, using the trimmings, etc., for under crust.

### *To Glaze Pastry.*

To glaze pastry, which is the usual method adopted for meat or raised pies, break an egg, separate the yolk from the white, and beat the former for a short time. Then, when the pastry is nearly baked, take it out of the oven, brush it over with this beaten yolk of egg, and put it back in the oven to set the glaze.

### *To Ice Pastry.*

To ice pastry, which is the usual method adopted for fruit tarts and sweet dishes of pastry, put the white of an egg on a plate, and with the blade of a knife beat it to a stiff froth. When the pastry is nearly baked, brush it over with this, and sift over some pounded sugar; put it back into the oven to set a glaze, and in a few minutes it will be done. Great care should be taken that the paste does not catch or burn in the oven, which it is very liable to do after the icing is laid on. Pies are always best when just a little warm.

### *Quince Pie.*

Pare, slice and stew 6 quinces till soft; press them through a sieve; add to them 1 pint milk and 4 well-beaten eggs. Sweeten to taste, and bake in a bottom crust three-fourths of an hour in a moderate oven. Substitute half apple if desired.

### *Cherry Pie.*

Line deep pie plate with good, plain paste, fill them nearly full of stoned cherries, sprinkle over 1 cup of sugar, and dredge this lightly with flour; cover with an upper crust rolled out as thin as possible, trim the edges neatly with a sharp knife. Make a vent in the center; press the edges tightly together so that the juices of the fruit may not run out while baking. Serve the same day they are baked, or the under crust will be heavy.

### *Cream Peach Pie.*

Pare ripe, juicy peaches and remove the stones; have your pie dishes ready lined with a good paste, fill with the peaches; cover with sugar; slightly butter and then bake without an upper crust. When the pie is done, pour in a cream made of the following ingredients: One cup of rich milk put over to boil; stir in the whites of 2 eggs, whipped, 1 tablespoonful of sugar, one-half teaspoonful of corn starch wet up in milk. Boil three minutes. The cream must be cold when it goes into the hot pie. Place over the top the white of an egg beaten and sweetened. Return to the oven and brown. To be eaten when cold.

### *Green Currant Pie.*

Line an inch pie dish with good pie crust, sprinkle over the bottom 2 heaping tablespoonfuls sugar and 2 of flour (or 1 of corn starch) mixed; then pour in 1 pint green currants washed clean, and 2 tablespoonfuls currant jelly; sprinkle with 4 heaping tablespoonfuls sugar, and add 2 tablespoonfuls cold water; cover, and bake fifteen or twenty minutes.

### *Cranberry Pie.*

Line a dish with plain paste, then fill it with uncooked cranberries; add a half cup of molasses, and 4 tablespoonfuls of sugar, cover with an upper crust, and bake in a quick oven for thirty minutes. Good.



*Delicate Pie.*

The grated rind and juice of 1 lemon, 1 cup of powdered sugar, yolks of three eggs, five tablespoonfuls of flour, two-thirds of a cup of water and a small piece of butter. Bake with only an under crust, to a nice brown; take the whites of the eggs and three tablespoonfuls of sugar and beat to a froth, and turn it upon the pie when baked. Set it in the oven again and let it remain three minutes, or until it browns.

*Lemon Custard Pie.*

One cup of sugar, 3 eggs, 1 cup of milk, 1 tablespoonful of flour, 2 tablespoonfuls of powdered sugar, juice and rind of 1 lemon. Beat the cup of sugar and yolks of eggs together, add the juice and rind of the lemon. Put the flour into a cup, and add the milk very gradually, stirring all the while, then pour it through a sieve into the eggs and sugar. Line a deep pie plate with puff paste, pour in the mixture, and bake in a quick oven thirty minutes. Add gradually 3 tablespoonfuls of powdered sugar to the whites of the eggs, beating all the while; when it is all in, beat until stiff and glossy, then place over the top of the pie by spoonfuls, and put back in the oven to brown.

*Lemon Pie with Two Crusts.*

Juice and grated yellow rind of 1 lemon, 1 teacupful sugar, 2 eggs, 1 teaspoonful butter, 1 teaspoonful corn starch, 1 cupful sweet milk. Beat lemon, sugar and egg together for ten minutes. Rub the butter and corn starch. Mix thoroughly with the other ingredients. Add the milk. Water can be substituted if milk is not convenient. Stir until well mixed. Pour into a deep pie pan lined with paste and cover with a top crust. Wet the edges of the paste and press tightly together. Bake quickly.

*Grandmother's Lemon Custard.*

One pound of powdered sugar, one-fourth pound of butter, yolks of 6 eggs, whites of 4 eggs, juice and rind of 3 lemons. Beat the yolks and sugar to a cream, then add the whites unbeaten, one at a time, and beat the whole until very light. Beat the butter to a cream, and add the other mixture gradually to it; now stand the bowl in a basin of boil-

ing water over the fire, and stir continually until the mixture thickens; take from the fire, and stand away to cool. Line two deep pie dishes with good plain paste, and bake in a quick oven for fifteen minutes. When done, take out and fill with the lemon mixture. Add gradually 6 tablespoonfuls of powdered sugar to the whites of 6 eggs, beating all the while; after you have added all the sugar, beat until very stiff and glossy; put this meringue over the top of the pie and stand it in the oven until a golden brown.

### *Cocoanut Custard Pie.*

One pint of milk, 2 eggs, half cup of sugar, half of a nutmeg, grated, 1 cup of grated cocoanut. Beat the eggs and sugar together until light, then add the milk, nutmeg and cocoanut. Line 2 pie dishes with plain paste, fill them with this mixture, and bake in a quick oven for thirty minutes.

### *Orange Pie.*

Take three good-sized oranges, peel, seed, and cut in small pieces. Add one cup of sugar, and let stand a few minutes. Into a quart of nearly boiling milk stir two tablespoonfuls of corn starch mixed with a little water, the yolks of three eggs and a small lump of butter. When done, let cool, then mix with the oranges. Have ready a baked lower crust. Make a frosting of the whites of the eggs and one-half cup sugar. Spread over top of pie, and place for a few seconds in the oven to brown.

### *Orange Pie, No. 2.*

Grate the rind of 1 and use the juice of 2 large oranges. Stir together a large cupful of sugar and a heaping tablespoonful of flour; add to this the well-beaten yolks of 3 eggs, 2 tablespoonfuls of melted butter. Reserve the whites for frosting. Turn this into a pie pan lined with pie paste, and bake in a quick oven. When done so as to resemble a finely baked custard, spread on the top of the beaten whites, which must be sweetened with 2 tablespoonfuls of sugar; spread evenly, and return to the oven and brown slightly. The addition of the juice of half a lemon improves it, if convenient to have it.

### *Cream Pie.*

Pour a pint of rich cream upon a cup and a half of powdered sugar; let it stand till the whites of three eggs have been beaten to a

stiff froth; add this to the cream, and 1 tablespoon of sifted flour; beat up thoroughly, grate a little nutmeg over the mixture and bake as custard pies in moderate oven.

### *Grape Pie.*

Separate the skins from the pulp; then simmer the pulp over the fire; remove and rub through a colander to take out the seeds; then put the skins and pulp together, add 1 cup sugar and a little butter. Bake with upper and under crust.

### *Apricot, Apple or Peach Meringue Pie.*

Use stewed apples, peaches or apricots, and sweeten to taste. Mash smooth and season with nutmeg and a little butter. Fill the crusts and bake, using no top crusts. Take the whites of 3 eggs and whip to a stiff froth, and sweeten with 3 tablespoonfuls powdered sugar. Flavor with vanilla. Beat until it will stand alone, then spread on the pie one-half to one inch thick, and set back into the oven until the meringue is "set." Eat cold. Canned fruit can be substituted.

### *Sliced Apple Pie.*

Line pie-pan with crust, sprinkle with sugar, fill with tart apples sliced very thin, sprinkle sugar and a very little cinnamon over them, and add a few small bits of butter, and a tablespoon of water; dredge in flour, cover with the top crust, and bake half to three-quarters of an hour; allow 4 or 5 tablespoons sugar to one pie. Or, line pans with crust, fill with sliced apples, put on top crust and bake; take off top crust, put in sugar, bits of butter and seasoning, replace crust and serve warm. It is delicious with sweetened cream.

### *Pastry Sandwiches.*

Puff paste, jam of any kind, the white of an egg, sifted sugar. Roll the paste out thin; put half of it on a baking sheet or tin, and spread equally over it apricot, greengage, or any preserve that may be preferred. Lay over this preserve another thin paste, press the edges together all round, and mark the paste in lines with a knife on the surface, to show where to cut it when baked. Bake from twenty minutes to half an hour; and, a short time before being done, take the pastry out of the oven, brush it over with the white of an egg, sift over pounded sugar, and put it back in the oven to color. When cold, cut it into strips; pile these on

a dish pyramidically, and serve. These stripes, cut about two inches long, piled in circular rows, and a plateful of flavored whipped cream poured in the middle, make a very pretty dish.

### *Pie Plant or Rhubarb Pie.*

Mix half teacup white sugar and 1 heaping teaspoon flour together, sprinkle over the bottom crust, then add the pie plant cut up fine; sprinkle over this another half teacup sugar and heaping teaspoon flour; bake fully three-quarters of an hour in a slow oven. Or, stew the pie plant, sweeten, add grated rind and juice of a lemon and yolks of 2 eggs, and bake and frost like lemon pie.

### *Squash Pie.*

Two teacups of boiled squash, three-fourths teacup of brown sugar, 3 eggs, 2 tablespoons of molasses, 1 tablespoon of melted butter, 1 tablespoon of ginger, 1 teaspoon of cinnamon, 2 teacups of milk, a little salt. Make two plate pies.

### *Pineapple Pie.*

Take 1 grated pineapple, 1 cup of sugar, one-fourth cup butter, 3 eggs, the whites beaten to a stiff froth, 1 cup of cream; cream the butter and beat it with the sugar and yolks until very light; add the cream, the pineapple and the whites of the eggs. Bake with an under crust only. To be eaten cold.

### *How to Prepare Pumpkin for Pies.*

Select a deep, ripe, yellow pumpkin, cut it in two crosswise, then cut it into thin slices and pare. Put it over the stove in a sufficient quantity of water and cover tightly. In cooking the pumpkin, be sure that it cooks slowly and does not scorch. It will take several hours to make it thoroughly done, as it cooks as much by steam as in the water itself. When thoroughly done, take off the cover so that the water will evaporate. The drier the pumpkin is, the nicer of course it is. When dry and rich, press through a colander and it is ready for pies.

### *Eggless Pumpkin Pie.*

Stew the pumpkin till very dry, press through a colander; to each pint of pulp allow 1 tablespoonful each of butter and cinnamon, 1 cup of

sugar, 1 teaspoonful of ginger, a little salt. Add milk according to judgment; a little cream adds to flavor; bake in quick oven.

### *Pumpkin Pie (Good.)*

The following recipe is a sufficient quantity for three pies. Take 1 quart of rich milk, a little cream is an improvement, 3 cups of boiled and strained pumpkin, 2 cups of sugar, a little piece of butter, 4 eggs, the yolks beaten thoroughly and stirred in and the whites beaten to a froth, and added just before putting the pie in the oven; a scant tablespoonful of ginger and cinnamon. Have a rich crust and bake in a quick oven. Should you desire to use squash instead, you can make equally as good a pie as with the pumpkin.

### *Southern Tomato Pie.*

For one pie, peel and slice green tomatoes, add 4 tablespoons vinegar, 1 of butter, 3 of sugar; flavor with nutmeg or cinnamon; bake with two crusts slowly. This tastes very much like a green apple pie.

### *Vinegar Pie.*

One egg, 1 heaping tablespoon flour, 1 teacup sugar; beat all well together, and add 1 tablespoon sharp vinegar, and 1 teacup cold water; flavor with nutmeg, and bake with two crusts.

### *Sweet Potato Pie.*

One pint of steamed sweet potatoes finely mashed, 2 cups sugar, 1 cup cream, piece of butter size of an egg, 2 well-beaten eggs; flavor with nutmeg and bake with an under crust only. Fine.

### *Custard Pie.*

For a large pie, take 3 eggs, 1 pint of milk, half cup sugar, and flavor. The crust for custard pies may be baked (not too hard) before putting in the custard; prick it before putting it in oven to prevent blistering. This prevents it from becoming soggy.

### *Labor-saving Custard Pie No. 2.*

One quart of milk, 4 eggs, 4 tablespoonfuls of flour, 4 tablespoonfuls of sugar. Salt slightly, flavor with nutmeg or other spice. Beat the



eggs thoroughly, rub the flour smooth in a little of the milk, and mix all together. The flour will settle on the bottom and sides of the pan, forming a complete crust. Bake in a deep, square bread pan one hour.

### *Cranberry Tart Pie.*

Wash and pick over the berries, stew them well in a little water just enough to cover them, until they burst open, and become soft, then sweeten with 1 cup of sugar to the pie, mash smooth; line your pie plates with thin puff paste, fill them, and lay strips of paste across the top. Bake in a moderate oven. Some prefer rubbing them through a colander to take out the skins.

### *Gooseberry Pie.*

Pick over the gooseberries. Take 1 pint of gooseberries, line a pie dish with good plain paste; fill with the gooseberries, add 1 cup of sugar, cover with an upper crust, and bake in a quick oven forty minutes. Serve with cream if desired.

### *Cocoanut Pie.*

One cup of grated cocoanut; if dessiccated soak over night in milk, if fresh, this will be unnecessary. Put this in a large coffee cup and fill up with milk. When ready to bake, take 2 teaspoonfuls of flour, mix smooth with 1 cupful of milk, place on the stove and stir until it thickens. To prevent scorching it is best to put the dish in a kettle of boiling water. While warm, add 1 tablespoonful of butter. When cold, put in 2 yolks of eggs, a pinch of salt, half cupful of sugar, cocoanut. Beat all together. Fill the crust. When done, beat the 2 whites with 2 tablespoonfuls of sugar, spread over the top, and brown lightly in the oven. This will make one pie. The whites of the eggs may be used instead of the yolks. If this is done, sprinkle powdered sugar thickly over the top before serving. The yolks of the eggs may be utilized by making lemon pie without a meringue, or gold cake, gingerbread or salad dressing.

### *Jelly Pie.*

Three eggs beaten, 2 tablespoonfuls sugar, 1 teacupful cream, 6 tablespoonfuls jelly, 1 tablespoonful melted butter. Flavor with lemon or nutmeg. Light colored jelly makes the most attractive pie. Very tart jelly may require more sugar. Bake in an under crust. This makes two pies.

### *Huckleberry or Elderberry Pies.*

Line a pie tin with good paste. Fill with the berries. Add two-thirds cup sugar, 2 tablespoonfuls vinegar and a dusting of flour. Put on an upper crust and bake. Lemon juice may be used instead of vinegar, and will be found an improvement. Canned berries may be used in the same way. Currants mixed with either of the berries gives a good tart. Omit the vinegar in this case.

### *Blackberry and Raspberry Pies.*

Pick the berries clean, rinse them in cold water, and finish as directed for huckleberries.

### *Lemon Raisin Pie.*

For 1 pie—Take 1 cup of chopped raisins, the juice and grated rind of 1 lemon, 1 cupful of cold water, 1 teaspoonful of flour, 1 half cup of sugar, 1 tablespoonful of butter. Mix lightly and bake with upper and under crust. Sprinkle over with sugar.

### *Banana Pie.*

Fill a pie shell, already baked, with sliced bananas and powdered sugar. Put in the oven a few minutes until the fruit softens. Very nice so, but far better to cover the top with whipped cream and serve at once. Flavor with lemon juice.

### *Strawberry Tart Pie.*

Arrange the berries in layers in a pie dish lined with paste. Fill very full, as strawberries shrink very much in cooking. Sweeten well with white sugar. Cover with cross bars of pastry and bake. Almost any fruit pie can be made in tart form.

### *Cheese Cake Pie.*

One and one-half cups of cottage cheese, 2 tablespoonfuls of cream, half cup of sugar, 3 eggs, juice and rind of a lemon, or 1 teaspoonful of vanilla, 1 teaspoonful melted butter. Press the cheese through a colander, beat the eggs until light, add them with all the other ingredients to the cheese; beat until smooth. Line a deep pie dish with plain paste, fill with this mixture, and bake in a quick oven for thirty minutes. The quantities given will make only one pie.

*Molasses Pie.*

Two teacupfuls of molasses, 1 of sugar, 3 eggs, 1 tablespoonful of melted butter, 1 lemon, nutmeg; beat and bake in pastry.

*Damson Plum Pie.*

Stew the damsons whole, in water only sufficient to prevent their burning; when tender, and while hot, sweeten them with sugar, and let them stand until they become cold; then pour them into pie dishes lined with paste, dredge flour upon them, cover them with the same paste, wet and pinch together the edges of the paste, cut a slit in the center of the cover through which the vapor may escape, and bake twenty minutes.

*Apple Custard Pie, No. 1.*

Select fair sweet apples, pare and grate them, and to every teacupful of the apple add 2 eggs well beaten, 2 tablespoonfuls of fine sugar, 1 of melted butter, the grated rind and half the juice of 1 lemon, half a wine glass of brandy, and 1 teacupful of milk; mix all well, and pour into a deep plate lined with paste; put a strip of the paste around the edge of the dish, and bake thirty minutes.

*Apple Custard Pie, No. 2.*

Peel sour apples and stew until soft, and not much water left in them; then rub through a colander; beat 3 eggs for each pie to be baked, and put in at the rate of 1 cupful of butter and 1 of sugar for three pies; season with nutmeg.

*Chocolate Custard Pie.*

One-quarter cake of Baker's chocolate, grated; 1 pint of boiling water, 6 eggs, 1 quart of milk, one-half cupful of white sugar, 2 teaspoonfuls of vanilla. Dissolve the chocolate in a very little milk, stir into the boiling water, and boil three minutes. When nearly cold, beat up with this the yolks of all the eggs and the whites of three. Stir this mixture into the milk, season and pour into shells of good paste. When the custard is "set"—but not more than half done—spread over it the whites whipped to a froth, with 2 tablespoonfuls of sugar. You may bake these custards without paste, in a pudding dish or cups set in boiling water.

*Mince Meat.*

Two pounds of beef (sticking piece best), 2 pounds of layer raisins, 2 pounds of currants, picked, washed and dried, 1 pound of citron, 2 nutmegs, grated, one-quarter ounce of cloves, 1 quart of sherry or good home-made currant wine, 2 pounds of beef suet, half pound of candied lemon peel, 4 pounds of apples, 2 pounds of Sultana raisins, 2 pounds of sugar, half ounce of cinnamon, one-quarter ounce of mace, 1 teaspoonful of salt, 1 quart of good brandy, juice and rind of 2 oranges, juice and rind of 2 lemons. Cover the meat with boiling water and simmer gently until tender, then stand away until cold. Shred the suet and chop it fine. Pare, core and chop the apples. Stone the raisins. Shred the citron. When the meat is perfectly cold, chop it fine, and mix all the dry ingredients with it; then add the juice and rinds of the lemons and oranges, mix well, and pack in a stone jar; pour over the brandy and wine, cover closely and stand in a cool place. Mince meat made by this recipe will keep all winter. When ready to use, dip out the quantity desired, and thin with cider or wine.

One word here about cleaning the currants. First put them into a large bowl, and to every pound add a half cup of flour; mix the flour thoroughly through the currants, and then rub them between the hands until all the stems are rubbed off; put them in a colander, and pour over endless quantities of cold water until all the twigs, gravel stones and sand are washed off; now scald them, then wash again in cold water, drain, spread them on pie dishes, and stand in a cool oven, with the door open, to dry.

Fresh beef's tongue or heart may be boiled, chopped, and used instead of beef, if preferred.

*Mince Meat No. 2, Excellent.*

Four pounds of lean boiled beef, chopped fine, twice as much of chopped green tart apples, 1 pound of chopped suet, 3 pounds of raisins, seeded, 2 pounds of currants picked over, washed and dried, half a pound of citron, cut up fine, 1 pound of brown sugar, 1 quart of cooking molasses, 2 quarts of sweet cider, 1 pint of boiled cider, 1 tablespoonful of salt, 1 tablespoonful of pepper, 1 tablespoonful of mace, 1 tablespoonful of allspice, and 4 tablespoonfuls of cinnamon, 2 grated nutmegs, 1 tablespoonful of cloves; mix thoroughly and warm it on the range,

until heated through. Remove from the fire and when nearly cool, stir in a pint of good brandy, and 1 pint of Madeira wine. Put into a crock, cover it tightly, and set it in a cold place where it will not freeze, but keep perfectly cold. Will keep good all winter.

### *Mock Mince Meat Without Meat.*

Take 6 lemons, squeeze out the juice, boil the rinds and pulp (remove seed) in three or four waters till bitterness is out and rinds quite tender; beat them to a pulp; two and one-half pounds beef suet after it is picked from the skins, 2 pounds currants after they are picked and washed, two and one half pounds raisins after they are stoned, 2 pounds sugar, one-half cup molasses, 1 cup cider, half pound citron, a glass of brandy; mix all these ingredients well together with the juice from the lemons.

## TARTS.

### *Tart Shells.*

Roll out thin a nice puff paste, cut out with a glass or biscuit cutter, with a wine glass or smaller cup cut out the center of two or three of these, lay the rings thus made on the third, and bake immediately; or shells may be made by lining patty pans with paste. If the paste is light, the shell will be fine, and may be used for tarts or oyster patties. Filled with jelly and covered with meringue (tablespoon sugar to white of 1 egg) and browned in oven, they are very nice to serve for tea.

### *Fruit Tarts.*

Line small tart tins with pie crust, and bake. Just before ready to use, fill the tarts with blueberries, strawberries, raspberries, or whatever berries you have on hand. Sprinkle over each a little sugar, and eat fresh. Sweet cream can be added if desired. Delicious.

### *Lemon Tarts.*

Mix well together the juices and grated rind of 2 lemons, 2 cups of sugar, 2 eggs, and the crumb of sponge cake; beat it all together until smooth; put into 12 patty pans lined with puff paste, and bake until the crust is done.



### *Goosberry Tart.*

Top and tail the gooseberries; put into a granite kettle with enough water to prevent burning, and stew slowly until they break. Take off, sweeten, and set aside to cool. When cold, pour into pastry shells and bake. Cover with jelly or juice of same.

### *Marlboro Tarts.*

One cup of stewed and sifted apples, 1 cup of milk, 2 tablespoonfuls of melted butter, and the yolks of 3 eggs; bake in twelve patty tins; whip the whites of the eggs and put on top and brown in the oven.

### *Apple Tarts.*

Line patty pans with nice crust. Put in each, chopped apple and a little white sugar; bake in a moderate oven and let cool. Whip a little cream very stiff, sweeten slightly and flavor with a drop or two of lemon or vanilla. Just before serving, cover the apple in each tart with the whipped cream. A drop of currant jelly on the top of each one adds to the effect.

### *Chocolate Tarts.*

One quart milk, 1 cupful sugar, 14 tablespoonfuls bread crumbs, 6 eggs, 12 tablespoonfuls grated chocolate, tablespoonful vanilla extract. Beat the sugar and eggs light. Scald the milk and pour hot over the bread and chocolate. Add the eggs and sugar. Put into tart shells and bake one-half hour in a moderate oven. When done, sprinkle white sugar over the top.

### *Paginini Tartlets.*

Line patty pans with puff paste, and bake them fifteen minutes in a quick oven. When done, take them out, put a half teaspoonful of orange marmalade on each patty, cover with a meringue, and put back in the oven a few minutes to brown.

### *Peach Meringue Pie.*

Pare, slice and stew ripe and juicy peaches; season with a little piece of butter and nutmeg. Bake in individual pie tins; spread over

the top a thick meringue made by whipping to froth whites of 3 eggs for each pie, sweetening with 3 tablespoons powdered sugar; flavor with vanilla, beat until it will stand alone, and cover pie three-quarters of an inch thick. Set back in a quick oven till well "set," and eat cold. In their season substitute apples for peaches.

### *Cherry Tarts.*

Line patty tins with a good crust, and fill with ripe cherries, regulating the quantity of sugar you scatter over them by their sweetness. Cover and bake. Eat while fresh with white sugar sifted over the top.

### *Green Grape Tarts.*

Green grapes are better for pies than ripe ones. Make into a pie without stewing, and put a thick layer of sugar to each layer of fruit and add a tablespoonful of water and dust with flour. Bake with two crusts. All fruit pies should have a slit in the crust for the escape of steam.

### *Maids of Honor.*

Take 1 cupful of sour milk, 1 of sweet milk, a little salt, the yolks of 3 eggs, one-half teaspoon of vanilla, one-half cupful of sugar. Put sour and sweet milk on to boil together in a vessel which is set in another, and let it become sufficiently heated to set the curd, then strain off the milk, rub the curd through a strainer, add butter to the curd, the sugar, well-beaten eggs, and vanilla. Line the little pans with the richest of puff paste, and fill with the mixture; bake until firm in the center, from ten to fifteen minutes.

### *Cream Fruit Tart.*

Line a dozen tins with paste and fill with fresh peaches, raspberries, strawberries or blackberries made very sweet with powdered sugar. Cover with paste, but do not pinch down the edges. When done, lift up the top crust and pour over the fruit the following cream: One small cup of milk, heated to boiling; whites of 2 eggs, beaten and stirred into the boiling milk; 1 tablespoonful of white sugar, one-half teaspoonful of cornstarch, wet in cold milk. Boil together; let cool before pouring over the tart. Replace the top crust and sprinkle sugar over before serving.

### *Tart Shells.*

Roll out thin a nice puff-paste, cut out with a glass or biscuit cutter, with a wine glass or smaller cup cut out the centre of two or of three of these, lay the rings thus made on the third, and bake immediately; or shells may be made by lining patty-pans with paste. If the paste is light, the shell will be fine, and may be used for tarts or oyster patties. Filled with jelly and covered with meringue (tablespoon sugar to white of one egg) and browned in oven, they are very nice to serve for tea.

### *Cream Tarts.*

Use very nice pastry for the tart shells or puffs. Serve perfectly cold with whipped cream. Heap them up well with the cream, and set in a cool place.

### *Pineapple Tart.*

Take a fine, large, ripe pineapple, remove the leaves without paring, grate it down till you come to the rind; strew plenty of powdered sugar over the grated fruit; cover it, and let it rest for an hour; then put it into a porcelain kettle, and steam it in its own syrup till perfectly soft; have ready some empty shells of puff paste, or bake in patty pans. When they are cool, fill them full with grated pineapple; add more sugar, and lay round the rim a border of puff paste.



## PUDDINGS AND DUMPLINGS.

No ingredient of doubtful quality should enter into the composition of puddings. Suet must be perfectly sweet, and milk should be fresh, and without the least unpleasant flavor.

Puddings may be either steamed, boiled or baked.

Steaming or boiling will take twice as long as baking.

The best cloth to tie up a boiled pudding, is a piece of unbleached shirting.

Pudding moulds or basins should be well rubbed over in the inside with butter.

Bread puddings should be tied very closely to allow them to expand.

Puddings boiled in a cloth should be moved occasionally to prevent adhering to the kettle.

An inverted plate or saucer should be placed in the bottom of the kettle to prevent adhering or burning.

Puddings boiled in a cloth should be kept covered with constantly boiling water; boiled in a mould, the water should not quite reach the top of the mould.

Always keep boiling water at hand to replenish the kettle if needed.

Flour should be spread on the inside of each tying place to prevent water getting in.

Puddings boiled in a basin should have a cloth wrung out of hot water and dredged with flour, tied closely over the top of the basin.

Puddings boiled in a cloth, basin or mould, when done, should be plunged suddenly into cold water, and turned out instantly; this will prevent sticking; and dumplings, *i. e.*, boiled or steamed, should be served at once. If this is an impossibility cover with the cloth in which they were boiled, and serve as quickly as possible.

*Rich Baked Apple Pudding.*

Take half pound the pulp of ripe and juicy apples, half pound loaf sugar, six ounces butter, the rind 1 lemon, six eggs, puff paste. Peel, core and cut the apples, as for sauce; put them into a stewpan, with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every half pound add sifted sugar, grated lemon-rind, and six well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff paste round the dish, and bake for rather more than half an hour. The butter should not be added until the pudding is ready for the oven.

*Snow Pyramids.*

Beat to a foam the whites of half a dozen eggs, add a little currant jelly, and whip all together. Fill saucers half full of cream, dropping in the center of each a tablespoonful of the beaten eggs and jelly in shape of a pyramid.

*English Plum Pudding.*

One pound of raisins, 1 pound of suet, chopped fine, three-quarters pound of stale bread crumbs, one-quarter pound of brown sugar, grated rind of 1 lemon, one-quarter pound of flour, 1 pound of currants, one-half of a nutmeg, grated, 5 eggs, one-half pint of brandy, one-half pound of minced candied orange peel. Clean, wash, and dry the currants. Stone the raisins. Mix all the dry ingredients well together. Beat the eggs, add to them the brandy, then pour them over the dry ingredients, and thoroughly mix. Pack into greased small kettles or moulds (this will make about six pounds), and boil for six hours at the time of making, and six hours when wanted for use. Serve with hard or brandy sauce.

*Christmas Plum Pudding.*

One quart of seeded raisins, 1 pint currants, half pint citron cut up, 1 quart of apples peeled and chopped, a quart of fresh and nicely chopped beef suet, a quart of sweet milk, a heaping quart of stale bread crumbs, 8 eggs beaten separately, 1 pint sugar, grated nutmeg, teaspoon salt; flour fruit thoroughly from a quart of flour, then mix remainder as follows: In a large bowl or tray put the eggs with sugar, nutmeg and milk, stir in the fruit, bread crumbs and suet, one after the other until all are used, adding enough flour to make the fruit stick together, which



will take about all the quart; dip pudding cloth in boiling water, dredge on inside a thick coating of flour, put in pudding and tie tightly, allowing room to swell, and boil from two to three hours in a good-sized pot with plenty of hot water, replenishing as needed, from a teakettle. When done, turn into a large flat dish and send to table with a sprig of holly, or any bit of evergreen with bright berries, stuck in the top. Serve with any pudding sauce. This recipe furnishes enough for twenty people, but if the family is small, one-half the quantity may be prepared, or it is equally good warmed over by steaming. For sauce, cream a half pound sweet butter, stir in three-quarters pound brown sugar, and the beaten yolk of an egg; simmer for a few moments over a slow fire, stirring almost constantly; when near boiling add a half pint bottled grape juice, and serve after grating a little nutmeg on the surface.

### *Plain Plum Pudding.*

One pint of stale bread crumbs, 1 cup of flour, 1 cup of stoned raisins, juice and rind of 1 lemon, 1 cup of washed currants, 1 cup of brown sugar, 1 teaspoonful of cinnamon, one-half nutmeg, one-half cup of molasses, 3 eggs, one-half pound of suet, one-half pound of citron, one-half teaspoonful of baking soda. Mix well all the dry ingredients. Beat the eggs, add the molasses. Dissolve the soda in a tablespoonful of hot water, add it to the molasses and eggs, then mix into the dry ingredients, and pack into a greased mould; boil four hours. Serve with hard or brandy sauce.

### *Boiled Indian Pudding.*

Warm a pint of molasses and a pint of milk, stir well together, beat 4 eggs, and stir gradually into the molasses and milk; add a pound of beef suet chopped fine, and Indian meal sufficient to make a thick batter; add a teaspoon pulverized cinnamon, nutmeg and a little grated lemon peel, and stir all together thoroughly; dip cloth into boiling water, shake, flour a little, turn in the mixture, tie up, leaving room for the pudding to swell, and boil three hours; serve hot with sauce made of drawn butter, wine and nutmeg.

### *Steamed Indian Pudding.*

One-quarter pound of beef's suet, small piece of stick cinnamon, grated rind of 1 lemon, 1 pint of Indian meal, 1 pint of milk, 3 eggs, 1

gill of molasses. Chop the suet very fine and mix it with the Indian meal. Put the cinnamon in the milk, then put it in a farina boiler to scald, strain it while hot, and stir in gradually the Indian meal and suet; add the molasses, cover the mixture, and let it stand over night. In the morning beat the eggs, without separating, until very light, stir them into the pudding, turn into a greased mould or a well-floured pudding bag, leaving plenty of room for it to swell. If in a mould, put on the cover; if in a bag, secure it well at the tying place, lest the water should get in, which will infallibly spoil it. Put it into a pot of boiling water, and boil continuously for five hours. Replenish the water, as it evaporates, with boiling water. When ready to serve, remove the pudding carefully from the mould or bag, and serve immediately with wine sauce.

### *Baked Indian Pudding.*

A quart of sweet milk, an ounce of butter, 4 well beaten eggs, tea-cup corn meal, half pound of raisins, one-fourth pound of sugar; scald the milk and stir in meal while boiling; let stand until blood warm, stir all well together; bake one and a half hours, and serve with sauce.

### *Half-Hour Pudding.*

Beat 4 tablespoons butter to a cream with half a pint powdered sugar; add the yolks of 3 eggs, beating them in thoroughly, then a rounded half pint of corn meal, and the whites of the eggs beaten to a stiff froth. Mix well, and bake in a pudding dish, well buttered. Serve hot with sauce.

### *Cottage Pudding.*

One tablespoonful of butter, 1 cup of sugar, one-half cup of milk, 2 eggs, 1 large tablespoonful of baking powder, one and one-half cups of flour. Beat the butter, sugar and yolks of the eggs together until light; add the milk, and then the flour. Beat well. Now beat the whites of the eggs to a stiff froth, and stir them carefully into the pudding; add the baking powder, and mix well; pour into a greased cake pan and bake in a moderate oven for three-quarters of an hour. Serve hot with lemon sauce.

### *Batter Pudding with Cherries.*

One pint of milk, three and one-half cups of flour, 3 eggs, 1 tablespoonful of melted butter, 2 heaping tablespoonfuls of baking powder,

one-half teaspoonful of salt, 1 pint of stoned cherries. Beat the eggs, whites and yolks together until light; then add the milk, then the flour, and beat until smooth; then add the butter melted, salt and baking powder. Drain the cherries, dredge them with flour, stir them into the pudding, and turn into a greased pudding mould. Cover, stand in a pot of boiling water, and boil continuously for three hours. If the water evaporates in the pot, replenish with boiling water. Serve with fairy butter.

### *Suet Pudding.*

One cup molasses, 1 of sweet milk, 1 of suet chopped fine, or half a cup melted butter, 1 of raisins, half cup currants, two and a half cups flour, half teaspoon soda; mix well, salt and spice to taste, and steam two hours. Serve with wine or hard sauce.

### *Tapioca Pudding.*

One cup of tapioca, 4 eggs, one-half cup of sugar, 1 quart of milk, one-quarter teaspoonful of salt, 1 teaspoonful of vanilla. Wash the tapioca through several cold waters, then add it to the milk and soak two hours. Beat the eggs and sugar together until light, add the salt, and bake in a moderate oven three-quarters of an hour. Serve hot or cold.

### *Apple Tapioca Pudding.*

To half teacup of tapioca add one and one-half pints cold water, let it stand on the fire till cooked clear, stirring to prevent burning; remove, sweeten, and flavor with wine and nutmeg; pour the tapioca into a deep dish in which have been placed six or eight pared and cored apples, bake until apples are done, and serve cold with cream.

### *Cherry Pudding.*

One cup flour, one-half sweet milk, one-half sugar, 1 egg, butter size of small egg, baking powder, 1 teaspoon (small); in steaming put 1 cup of fresh or canned cherries in bottom of pudding mould.

### *Plain Bread Pudding, Baked.*

One pint of bread crumbs, and 1 pint of milk; let the crumbs soak till soft. Beat two eggs and add two spoonfuls of sugar and a little melted butter; flavor with lemon; add a few currants well floured; pour

the mixture into buttered round tins; grate a little nutmeg over each, and bake twenty minutes. Eat with warm sauce.

### *Pie-Plant Charlotte.*

Wash and cut the pie-plant into small pieces, cover the bottom of a pudding dish with a layer of pie-plant and sugar, then a layer of bread crumbs and bits of butter, and thin slices of bread nicely buttered, and so on until the dish is full. Bake three-quarters of an hour in a moderate oven. Allow a pound of sugar to a pound of fruit. If preferred, turn over the charlotte a boiled custard when ready for the table.

### *Florentine Pudding.*

Boil one quart of milk in a custard pail set in boiling water; add three tablespoonfuls of corn starch rubbed smooth in cold milk, one-half cup of sugar and yolks of three eggs; stir until of the consistency of starch and pour into a deep dish; beat the whites of the eggs to a froth and add one cup of powdered sugar; spread over top of pudding and brown in the oven. To be eaten when ice cold.

This pudding is excellent for lunch or nice on a hot night for dinner.

### *Bread and Butter Pudding.*

Cut in thin slices a baker's five-cent loaf. Wash and pick 1 cup of currants. Butter each slice of bread. Put a layer of this bread in the bottom of a one-quart mould or basin, then a sprinkling of currants, and so on until all is used. Beat 4 eggs and a half cup of sugar together until light; add gradually 1 pint of milk, and a quarter of a nutmeg, grated. Pour this over the bread, let stand fifteen minutes and bake in a moderate oven thirty minutes. Serve cold, with cream sauce.

### *Newport Pudding.*

Pare and core 6 medium-sized apples; steam until tender. While they are steaming, boil a half cup of sugar, a quarter cup of water, and the juice of 1 orange together for five minutes. When the apples are done, place them in the bottom of a baking dish, pour over them the boiling syrup, and stand aside to cool. Put 1 pint of milk on to boil. Beat a half cup of sugar and the yolks of 3 eggs together, and add to the boiling milk. Take from the fire, add 6 macaroons pounded fine,

and a teaspoonful of vanilla. Fill the spaces from which the cores were taken, with preserves; pour this custard over the apples, and bake in a moderate oven fifteen minutes. Beat the whites of the 3 eggs with 3 tablespoonfuls of powdered sugar to a stiff froth, heap them over the top of the pudding, and put back in the oven a moment to brown. Serve icy cold. This will fill a two-quart baking dish.

### *Pine Apple Pudding.*

Line the bottom and sides of a pudding dish with thin slices of pine-apple; stew with powdered sugar, place over a layer of pineapples, and so on until the dish is full; pour over one cup of water and cover with slices of sponge or cup cake wet in cold water; cover and bake slowly two hours.

This can be eaten with or without a sauce. This pudding can also be made by alternating cake with pine-apple.

### *Snow Pudding.*

One-half box of gelatine, 2 cups of sugar, 4 eggs, juice of 3 lemons, 1 quart of milk, 1 teaspoonful of vanilla, 1 pint of boiling water. Cover the gelatine with cold water, and let it soak a half hour. Then pour over it the boiling water, add the sugar, and stir until it is dissolved; then add the lemon juice, and strain the whole into a tin basin; place this in a pan of ice water, and let stand until cold. When cold, beat with an egg beater, until as white as snow; beat the whites of the eggs to a stiff froth, and stir them into the pudding. Dip a fancy mould into cold water; turn the pudding into it, and stand in a cold place four hours to harden.

*The Sauce.*—Put the milk on to boil, beat the yolks of the eggs and a half cup of sugar together until light, and stir them into the boiling milk. Stir, and cook two minutes. Take from the fire, add the vanilla, and turn out to cool. Serve the pudding with the sauce poured around it.

### *Dandy Pudding.*

One quart of milk, 4 eggs, 2 tablespoonfuls of corn starch, one-half cup of sugar, 1 teaspoonful of vanilla. Put the milk on to boil. Moisten the corn starch with a little cold milk, and add to the boiling milk. Stir and boil for five minutes. Beat the yolks of the eggs and



sugar together until light, and add to the boiling milk. Take from the fire, add the flavoring, and pour it into a baking dish. Beat the whites of the eggs to a very stiff froth, add to them 2 tablespoonfuls of powdered sugar, and heap on the top of the pudding; put it in the oven for a few minutes, until a light brown. Serve ice cold.

### *Cream Chocolate Pudding.*

One pint of milk, one-half cup of sugar, 4 eggs, 4 tablespoonfuls of corn starch, 2 ounces of chocolate, 1 teaspoonful of vanilla. Put the chocolate in a saucepan, and stand it over the teakettle to melt; stir until perfectly smooth. Put the milk on to boil in a farina boiler; moisten the corn starch with a little cold water (about a quarter cup), and add it to the boiling milk; cook and stir until thick and smooth. Beat the whites of the eggs to a stiff froth; add the sugar to the milk, then the whites, and beat all well together over the fire. Take from the fire, add the vanilla. Now take out one-third of the mixture, add to it the chocolate; mix well. Dip a plain pudding mould into cold water, put in the bottom of it half the white mixture, then all the dark, and then the remainder of the white. Stand on the ice for three hours to harden. Serve with vanilla sauce poured around it.

### *Cream Cocoanut Pudding.*

Two cups of grated cocoanut, 4 tablespoonfuls of corn starch, 1 teaspoonful of vanilla, 1 pint of milk, 4 eggs, one-half cup of sugar. Put the milk in a farina boiler; moisten the corn starch in a little cold milk, then add it to the boiling milk; stir until smooth. Beat the whites of the eggs to a very stiff froth. Add the sugar to the pudding, then the whites. Beat well over the fire for three minutes. Now add the cocoanut and vanilla, and turn into a mould to harden. Serve with vanilla sauce.

### *Orange Pudding.*

One-fourth pound of macaroons, 1 pint of milk, one-half cupful of sugar, 4 eggs, the rind of 1 and juice of 2 oranges. Put the macaroons in the milk, and soak until soft. Beat the eggs and sugar together until light (do not separate the eggs), then add them to the milk and beat the whole until smooth; then add the orange juice and rind. Pour into a well buttered pudding mould (a small tin kettle will answer),

put on the cover, stand the mould in a pot of boiling water, and boil continuously for one hour. Serve hot with orange sauce.

Lemon pudding may be made the same as orange pudding, using the juice and rind of 1 lemon. Serve with lemon sauce.

### *Rice Pudding.*

To a cup of rice boiled in a custard kettle in a pint of water (seasoned well with salt) until dry, add a pint of milk in which a little corn starch has been dissolved, and boil again; add the yolks of 2 eggs beaten with half a cup of sugar, stir well together, and lastly add the juice and grated rind of 1 lemon. Place in a dish, and bake slowly in the oven; when done, spread over the top the whites beaten with 2 tablespoons sugar, and brown in oven. A cup of raisins may be added just before baking. Or, after boiling the rice with the milk, eggs, and sugar, add a lump of butter and place a layer of the rice, about an inch thick, in a buttered dish sprinkled with bread crumbs, then a layer of peaches (either fresh or canned), repeating until dish is full, leaving rice for the last layer; bake slowly for half an hour, and when done, cover with the beaten whites, as above. Or, after preparing the rice as above, add pineapple, chopped fine, or oranges, or dried cherries; mix thoroughly, and bake and finish as above.

### *Rice Peach Pudding.*

To each cupful of boiled rice stir 1 tablespoonful butter, 2 tablespoonfuls sugar, 1 egg. Butter a pudding dish, put in a layer of the seasoned rice one-half inch thick, then a layer of pared and sliced peaches. Sprinkle with sugar and rice alternately until the dish is full. Bake twenty minutes. Have rice for the last layer. Turn out and serve with vanilla, cream, or any other pudding sauce, or cream and sugar. Canned peaches may be used instead of fresh.

### *Tropical Snow.*

Ten sweet oranges, one cocoanut, pared and grated, one cup powdered sugar, six bananas. Peel and slice the oranges. Put a layer in a glass bowl, then strew with sugar. Next, put a layer of grated cocoanut, slice the bananas thin, and cover the cocoanut with them. When the dish has been filled in this order, heap with cocoanut. Eat soon or the oranges will toughen.

*Rice Snow Balls.*

Boil 1 pint rice until soft, in two quarts water with a teaspoon salt; put in small cups, and when perfectly cold place in a dish. Make a boiled custard of the yolks of 3 eggs, 1 pint sweet milk, and 1 teaspoon corn starch; flavor with lemon. When cold, pour over the rice balls half an hour before serving. This is a very simple but nice dessert.

*Plain Rice Pudding.*

One quart milk, one-half teacupful rice. Boil together slowly, stirring occasionally. Twenty minutes before serving add 1 tablespoon sugar and a small piece of butter, and bake twenty minutes. This is wholesome and palatable, and suitable for convalescents. Sliced tart apples may be stirred in the pudding before baking if desired.

*Tapioca Pudding.*

Half a pound of tapioca, soaked an hour in 1 pint of milk, and boiled till tender; add a pinch of salt, sweeten to taste, and put into a mould; when cold, turn it out, and serve with strawberry or raspberry jam around it and a little cream. Use strawberry sauce.

*Delicious Lemon Pudding.*

The juice and grated rind of 1 lemon, cup sugar, yolks of 2 eggs, 3 well rounded tablespoons flour, a pinch of salt, 1 pint rich milk; mix the flour and part of the milk to a smooth paste, add the juice and rind of lemon, the cup of sugar, yolks well beaten, the rest of the milk (after having rinsed out the egg with it), line plate with puff paste one-fourth inch thick, pour in custard, bake in a quick oven until done. Beat whites to a stiff froth, add 2 tablespoons sugar, spread over the top, return to oven and brown. Serve with very cold cream; or, for a very nice dish, add whipped cream. This is a rich and not an expensive pudding

*Cabinet Pudding.*

One quart of milk, 4 eggs, 4 tablespoonfuls of sugar, half a teaspoonful of salt, 1 tablespoonful of butter, 3 pints of stale sponge cake, 1 cupful of raisins. Beat the eggs, sugar and salt together, and add the milk. Butter a three-pint pudding mold, sprinkle the sides and bottom with the fruit, and put in a layer of cake. Again sprinkle in fruit, and put in more cake. Continue this until all the materials are used.

Gradually pour on the custard. Let the pudding stand two hours, and steam an hour and a quarter. Serve with cream sauce.

### *Peach Rolls.*

Stew dried fruit, sweeten, and flavor to taste; make a good baking powder crust, roll very thin, spread fruit on, putting thin slices of butter on the fruit, roll crust up, place in a pan four or five inches deep. To three or four rolls add 1 cup sugar, and a half cup butter; pour in hot water enough to cover them. Bake half an hour.

### *Apple Rolly Polly.*

Peel and core 1 dozen sour apples and plunge in cold water, make rich soda biscuit dough rolled thin, slice the apples, and lay on the crust, roll up, tuck ends in, prick deeply with a fork, lay in a steamer and place over a kettle of boiling water cook an hour and three-quarters. Or, place in a buttered tin and bake. Cut across, and eat with sweetened cream or butter and sugar. Cherries, peaches, dried fruit, any kind of berries, jelly, or apple butter can be used.

Rolly Polly is also very nice made of huckleberries or blackberries instead of apples. In this case sweetened cream is the proper sauce to serve with it.

### *Transparent Pudding.*

One cupful butter, 2 cupfuls sugar, 6 yolks of eggs and 3 whites beaten separately, 1 lemon, juice and grated rind, 1 nutmeg, grated, 1 wineglass rose water. Cream the butter and sugar. Beat in the yolks, lemon, spice and rose water; add the beaten whites last. Line two shallow pudding dishes with a rich puff paste and fill with the mixture. Bake. Beat the 3 reserved whites with 3 tablespoonfuls white sugar and a little lemon juice, spread over the top, and brown lightly in a quick oven. Serve cold. These are very nice baked in tart shells. Serve with meringue.

### *Fig Pudding.*

Half pound figs, chopped fine, 2 tablespoonfuls flour, 2 eggs, half grated nutmeg, or 1 cupful candied lemon peel and citron can be added if wished; an improvement. Half pound bread crumbs, 1 cup brown sugar or molasses, 1 cupful suet, chopped fine, 1 teaspoonful cinnamon, half teaspoonful soda, milk sufficient to mix well together. Rub the figs

and sugar to a paste, mix with the bread crumbs, flour and spice, beat the eggs light, add them, together with a little milk; very little will be required if molasses is used. Put the mixture in a buttered mould, tie a thick floured cloth over it tightly, and boil four hours steadily. Serve with or without sauce. Egg, butter or cream sauce will answer, or hard sauce.

### *Royal Sago Pudding.*

Four tablespoonfuls of sago, soaked for four hours in cold water enough to cover it; a generous half cup of powdered suet, 1 cup of fine dried crumbs, 1 cup of milk and a tiny bit of soda, 1 cup of sugar, 4 eggs, 1 teaspoonful cornstarch wet with milk, 1 even cup of Sultana raisins, 1 even teaspoonful of salt. When the sago has soaked for the required time, stir it into the heated milk, and bring almost to a boil before adding the required crumbs. Pour this on the beaten eggs and sugar, beat one minute, and add suet, sago, cornstarch and salt. Butter a straight-sided mould, and strew with raisins carefully washed, dried and rolled in flour. Put in the batter carefully, a little at a time, not to wash the raisins to the top. Steam two hours. Dip in cold water and turn out on a hot platter.

### *Chocolate Pudding.*

Two eggs, 1 cup granulated sugar, 1 cup sweet milk, 2 cups flour, 2 teaspoonfuls baking powder, 1 tablespoonful melted butter, one-half square baker's chocolate. Steam two hours.

### *Chocolate Pudding No. 2. Beautiful Dessert.*

Five small tablespoonfuls corn starch, 4 small tablespoonfuls sugar, 4 small tablespoonfuls chocolate, 1 quart milk. Cook and pour in mould and set on ice.

### *To Make Custard.*

One quart milk, 5 eggs, leaving out whites of two, 2 tablespoonfuls of sugar. Put chocolate mould on platter and pour custard around. Beat whites of 2 eggs to a stiff froth, add 2 tablespoonfuls pulverized sugar, and put in kisses over all and serve.



*Cake with Sauce.*

Any kind of cake is nice sliced with a rich, hot pudding sauce turned over it. Cake with raisins in served in this manner is a very good and wholesome substitute for plum pudding, which is a decidedly indigestible dainty. Stale cakes may also be served in this manner.

*Blackberry Pudding.*

One pint of blackberries boiled tender in 1 pint of water, 1 cupful sugar, 4 level tablespoonfuls corn starch. Rub the corn starch smooth in a little water, salt slightly and stir smoothly into the boiling fruit. Flavor to taste. Serve cold, with cream and sugar if desired. If moulded in small, deep cups, each one turned out in a saucer and cream poured around it, the pudding will have a very ornamental appearance. Cinnamon or vanilla are perhaps the best for flavor.

*Cherry and Berry Puddings.*

These are all delicious, and made in precisely the same manner as blackberry pudding. The fruit may be sweetened to the taste before stirring in the batter.

*Peach, Pear and Apple Pudding.*

One quart of milk, 4 eggs, 1 cup of sugar, slices of stale bread, buttered.

Fruit marmalade—peach is the best if you have it, but apple, pear or raspberry will do if you have not. Scald the milk and pour it on the eggs, which should have been beaten light with the sugar. Return to the farina kettle and cook five minutes, but not until the custard thickens. Cut the bread an inch thick, pare off the crust, butter on both sides, and cover the bottom of a pudding dish with slices fitted in neatly. Spread the marmalade thickly on this layer, and wet with the boiling custard, waiting to see it absorbed before putting another layer above it. Proceed in this order until all the materials are used up. Fit a plate, or other lid, on the bake-dish and let the whole stand for half an hour, to absorb the custard before it goes into the oven. Bake covered until the pudding is heated through, then brown nicely. Eat cold with cream. This excellent pudding may be made more elegant by whipping the whites of three eggs to a meringue with a tablespoonful of powdered sugar, and spreading it over the top after it begins to brown. Shut the oven door until the meringue is faintly colored.

### *Corn Starch Pudding.*

One pint sweet milk, whites of 3 eggs, 2 tablespoonfuls corn starch, 3 of sugar, and a little salt. Put the milk in a pan or small bucket, set in a kettle of hot water on the stove, and when it reaches the boiling point add the sugar, then the starch dissolved in a little cold milk, and lastly the whites of eggs whipped to a stiff froth; beat it, and let cook a few minutes, then pour into teacups, filling about half full, and set in a cool place. For sauce, make a boiled custard as follows: Bring to boiling point 1 pint of milk, add 3 tablespoons sugar, then the beaten yolks thinned by adding 1 tablespoon milk, stirring all the time till it thickens; flavor with 2 teaspoonfuls lemon or 2 of vanilla, and set to cool. In serving, put one of the moulds in a sauce dish for each person, and pour over it some of the boiled custard. Or the pudding may be made in one large mould.

To make a chocolate pudding, flavor the above pudding with vanilla, remove two-thirds of it, and add half a cake of chocolate softened, mashed, and dissolved in a little milk. Put a layer of half the white pudding into the mould, then the chocolate, then the rest of the white; or two layers of chocolate may be used with a white between; or the center may be cocoa (made by adding half a cocoanut grated fine), and the outside chocolate; or pineapple chopped fine (if first cooked in a little water, the latter makes a nice dressing), or strawberries may be used.

### *Corn Starch Pudding with Custard, (Delicious.)*

One quart of milk. Take 1 pint when boiling, add 2 tablespoonfuls of corn starch wet smoothly with a little cold milk or water, 1 tablespoonful white sugar, flavor with lemon, and let boil up two or three times. Then stir in the whipped whites of 2 eggs; remove and let cool. Make a custard of the remaining pint of milk and the yolks of the 2 eggs. Cook it in a pail set in a kettle of boiling water. Sweeten to the taste and flavor same as the corn starch. When both are cold pour the custard over the pudding and serve.

The same pudding is delicious with one-half bowlful of whipped cream poured over and around it. Leave the pudding plain and flavor the cream with vanilla. When using the whipped cream make up the whole quart of milk, the entire 2 eggs and twice the quantity of corn starch given, in the pudding itself.

Whipped cream alone served with cake makes a dainty dessert. The corn starch pudding may be poured in small cups that have been previously dipped in cold water, and allowed to cool. Arrange these in a shallow dish, pouring the custard or cream around them.

All boiled corn starch puddings may be moulded in cups and served with any sauce or fruit desired. Jellies of various kinds are nice; also plum, currant or peach marmalade.

### *Raisin Pudding. Good.*

One cup sweet milk, 1 cup butter or chopped suet, 1 cup raisins, 1 cup molasses, 3 cups flour, 2 teaspoons ground cinnamon, 1 teaspoon cloves, 1 teaspoon cream tartar, 2 teaspoons soda.

### *Prune Pudding.*

Wash one pound prunes, soak over night in water enough to cover them; cook in the same water until very soft; take out the stones and rub through the colander; heat again and when very thick add half a box of gelatine first soaked in a little water, a small tea cup of sugar; take from the stove, add the well beaten whites of from four to five eggs; serve cold with cream.

### *Suet Pudding.*

One cup chopped suet (fine), 2 cups white or brown sugar, 1 cup molasses, 1 cup sweet milk, 2 teaspoonfuls soda, 1 egg, 3 cups flour, 1 cup chopped raisins, add cinnamon and cloves.

### *Minute Pudding.*

One quart of milk, about a pint and a half of flour. Butter the saucepan and put in the milk; when it boils, stir in the flour, lightly; let it cook well. It should be of the consistence of thick corn mush. Serve immediately with rich cream, sweetened to taste, and flavored with grated nutmeg. A couple of eggs can be added if desired just before taking up.

### *Carrot Pudding:*

One pound grated carrots, three-fourths of chopped suet, half pound each raisins and currants, four tablespoons sugar, eight of flour, and spices to suit taste. Boil four hours, place in the oven twenty minutes, and serve with wine sauce.

*Rice Dumplings.*

One pound of rice, 1 dozen tart apples, 2 quarts of water, sugar and cinnamon. Wash the rice through several cold waters, then boil gently in the water for thirty minutes; drain in a colander. Pare the apples and take out the cores. Fill the spaces from which the cores were taken with sugar and cinnamon. Then cover the apples all over with a thick coating of the boiled rice. Tie each dumpling tightly in a dumpling cloth, and put them in a pot of cold water. Bring the water quickly to a boil, and boil forty minutes. When done, untie the cloth, turn the dumplings out carefully on a large plate. Serve with hard or cream sauce.

*Apple Dumplings, No. 1.*

One quart of flour, 2 heaping teaspoonfuls of baking powder, 1 large tablespoonful of butter or lard, 1 teaspoonful of salt, one-half pint of milk. Pare the apples and take out the cores with a corer. Put the pot over the fire with just enough water to half cover the dumplings; or, if you are going to steam them, which is much the better way, have steamer over the pot, which should be half full of boiling water. Now put the flour into a bowl, and rub into it the butter or lard, then add the salt and baking powder, mix well, and moisten with the milk, using more or less, as the flour requires to make a soft dough; that is, a dough that will roll out nicely without being sticky. Take the dough out on a baking board, roll it out about a half-inch in thickness; now cut out the dumplings or the covering for the apples with a large round cutter, about the size of a common saucer; put 1 apple in the center of each piece, fill the space from which the core was taken with sugar, and a little cinnamon if you like, and carefully work the dough over the apple. If you boil them, tie each one in a floured cloth, or put them into netted dumpling bags, plunge them immediately into the boiling water, and boil thirty minutes. If you steam, place them on a dinner plate a little smaller than the steamer, stand the plate in the steamer, and steam forty minutes. Serve on the plate on which they were steamed. Serve hot, with hard sauce or sweetened cream.

*Apple Dumplings, No. 2.*

Ten good-sized potatoes, one-half teaspoonful of salt, one-half cup of milk, 1 tablespoonful of butter. Pare and boil the potatoes; when

done, drain off every drop of water, and stand them on the back part of the fire to dry, then mash and beat them until light; add the salt, butter and milk, and beat again; add gradually sufficient flour to make a dough that will roll out without sticking to the board. Now take the dough and knead it lightly, roll out about a half-inch in thickness, and finish same as apple dumplings, No. 1. These dumplings must be served as soon as done. They can wait, after they are ready to cook, for a half hour or more, then put them on to cook just forty minutes before you are ready to serve them.

These dumplings are delicious baked and served with vanilla sauce.

### *Rich Baked Apple Pudding.*

Half pound the pulp of apples, half pound loaf sugar, six ounces butter, the rind of one lemon, six eggs, puff paste. Peel, core and cut the apples as for sauce; put them into a stewpan with only just sufficient water to prevent them from burning, and let them stew until reduced to a pulp. Weigh the pulp, and to every half pound add sifted sugar, grated lemon-rind, and six well-beaten eggs. Beat these ingredients well together; then melt the butter, stir it to the other things, put a border of puff paste round the dish, and bake for rather more than half an hour.

### *Apple Cobbler.*

Fill an earthen pudding dish two-thirds full of tart, juicy apples, peeled, quartered and cored, and the quarters cut in two. Put in a cup of water, and sprinkle with sugar. Cover with a paste of rich cream biscuit dough, twice as thick as pie paste. Gash it and bake nearly one hour. Serve either warm or cold, and from the dish in which it is baked. Peach cobbler is made similarly.





## DAINTY DISHES FOR DESSERTS.

These are light, pleasant dishes for summer, and especially recommended as desserts to follow very heavy dinners. They are far more healthful than pastry—that is, if pastry can be regarded in any healthful light at all.

When floating island or custard, through neglect or by accident, has been cooked too long and curdles, take a bowl full at a time and beat with patent egg beater, and you will never know it has been curdled.

### *Plain Boiled Custard.*

Boil 1 pint of new milk; thicken with 1 tablespoonful flour, rubbed smooth with a little cold milk kept back for the purpose. Let cool partly, add 1 egg well beaten, sweeten to taste; set on the fire again and heat until it thickens, stirring constantly; do not let it boil. Flavor with lemon, almond or vanilla. Stick cinnamon or broken nutmeg may be boiled in the milk and removed before the thickening is added.

### *Boiled Custard.*

Four eggs, 1 quart sweet milk, 3 tablespoonfuls sugar, flavor (see above). Three or four peach leaves boiled in the milk before the eggs are added, is a very delicate flavor. Cool the milk before adding the eggs. Boil in a double boiler or a tin pail set in a kettle of boiling water, stirring constantly. If wished richer, 5 or 6 eggs may be used to 1 quart of milk.

### *Baked Custard.*

One quart of milk, a pinch of salt, 4 eggs, sweeten and flavor to taste. Boil the milk; when cool add the beaten eggs, salt and flavoring. Bake in a pudding dish. Take especial care not to cook too much or it

will whey. To test, sink a spoon in the middle; if the eggs are hard and no whey rises to the surface it is done. Serve cold. If wished richer, 5 or 6 eggs may be used to a quart of milk. If wished very nice this custard may be baked in a pudding dish lined with rich puff paste.

### *Cup Custards.*

Make the custard as above. Butter some custard cups and fill nearly full; set them in a dripping pan and fill it nearly to the top of the cups with boiling water; set in a hot oven for one-half hour. Serve the cups on a custard stand or throw a handsome napkin over a large dish or tray and arrange the cups on it. Serve with ripe fruit and sugar or with preserves, jelly or marmalade. Cup custards may be set in a steamer and steamed.

### *Snow Custard.*

Dissolve a package of gelatine in pint boiling water, and let cool, then add one and one-third cups sugar and juice of 1 lemon. Beat whites of 3 eggs to stiff froth and whip gelatine into them slowly. Pour into moulds to set. Let stand four or five hours and turn into a dish and cover with a custard made of the yolks and two-thirds cup of sugar.

### *Moonsbine.*

Beat the whites of six eggs in a broad plate to a very stiff froth; then add, gradually, six tablespoonfuls of powdered sugar, beaten for not less than thirty minutes, and then beat in, after being cut in tiny pieces; one-half cup of preserved peaches, pine-apple or you can use a spoon of jelly. In serving, pour all on a platter and serve with whipped cream flavored.

Moonshine is especially nice for a dessert on a hot day in summer.

To be served like ice cream, and to be eaten ice cold with cake.

### *Lemon Custard.*

Three eggs, 1 tablespoonful butter, 2 tablespoonfuls corn starch, three-quarters cupful of sugar, 2 cupfuls of water, 1 large lemon. Beat the yolks of the eggs, the butter and sugar together. Mix the corn starch with a little of the water. Stir all together and cook as for boiled custard. Remove from the stove and stir the beaten whites in lightly. The eggs may be beaten together if there is any haste. Pour in a large

pudding mould to cool, or in cups, and turn out. It may be served with sweet cream and sugar, or alone.

### *Orange Custard.*

Make same as lemon custard substituting 1 orange.

### *Bird's Nest Custard.*

Peel and core enough nice tart apples to fill a pudding dish; fill the openings with sugar; pour over all a little water and cook until tender. Make a custard sufficient to cover the apples in the dish in the proportion of 2 eggs to a pint of milk. Sweeten to taste, and flavor with nutmeg. Bake till the custard sets.

### *Cream Custards.*

One pint of sweet cream, mixed with 1 pint of milk, 3 tablespoonfuls of sugar, 4 well beaten eggs. Flavor with nutmeg, lemon, rose or vanilla. Bake in cups, setting them in a pan of boiling water. It can be baked in one large dish.

### *Tapioca Custard.*

Four tablespoonfuls of tapioca, soaked over night in 1 pint of cold water; in the morning add 1 quart of milk. Put over the fire and let boil up. Then stir in the 3 egg yolks and 1 cupful sugar. Salt and flavor. Turn into a dish and frost with the whites of the eggs beaten stiff with a tablespoonful of sugar. Serve cold.

### *Farina Custard.*

Mix a tablespoonful of sea moss farina with a little cold milk; then add 1 quart of pure milk and one-half teacupful of powdered sugar. Heat slowly in an enameled saucepan. Boil fifteen minutes, stirring briskly. Flavor to taste, and pour in a pudding dish. Then make a custard of the yolks of 4 eggs and the whites of 2, well beaten together, 3 tablespoonfuls of sugar and 1 quart of sweet milk. Cook the custard and pour, when both are cold, over the farina. Whip the whites of 2 eggs to a stiff froth with 1 tablespoonful of sugar, and pour over the custard. A beautiful dish.

### *Mottled Custard.*

Beat the yolks of 6 eggs and stir into 1 quart of boiling milk. When thickened, stir in the whites of the eggs beaten to a stiff froth

with 3 tablespoonfuls of powdered sugar. Flavor with rose or lemon, and continue stirring until the custard becomes thick and lumpy. Serve in custard cups, or otherwise.

### *Charlotte Russe, Plain.*

One cupful thick whipped cream, 1 cupful rich sweet milk, 1 ounce gelatine, 1 cupful pulverized sugar, 3 whites of eggs, well beaten, flavor with vanilla or almond extract. Dissolve the sugar and gelatine in the milk, stirring continually. Keep hot, but do not let boil; pour into a dish set in ice water. When nearly cold enough to harden pour in half the cream and beat ten minutes. Whip the 3 egg whites and stir in, beating five minutes longer. Flavor. Fill the dish or mould with slices of sponge cake or lady fingers; pour in the prepared cream. Beat the remaining half cupful of cream and spread over the top. Cool on ice, if convenient. If in a mould it will turn out nicely. This may be made without cream, but is not as rich. In this case the whites of 2 more eggs must be sweetened, whipped stiff, flavored and spread over the top; grated cocoanut sprinkled over this will be an improvement, and spoonfuls of jelly dotted over all beautify what is at once a plain, delicious, economical and ornamental dish.

### *Charlotte Russe, Extra.*

Have a glass dish ready, lined with slices of sponge cake or lady cake. Dissolve one-third box of gelatine in one-half pint of rich sweet cream; place the saucepan in a vessel of hot water—not boiling—and stir until it is dissolved. Sweeten this with one-half cupful of white sugar. Put one and one-half pints of rich cream in a large bowl. Flavor with vanilla or orange extract, or both. Set the bowl in a pan of ice water or snow. When well chilled whip thoroughly with an egg beater. Add, if wished, the well beaten whites of 2 eggs and whip again; they will give the cream a little more consistence and make it a little richer. Pour the dissolved gelatine and milk into a broad, shallow dish, stirring all the time to prevent lumps. When it is nearly cold stir the whipped cream in slowly; pour it into the dish containing the cake, and set away to cool, on ice if possible; one-half pint of cream may be reserved, whipped to a froth, and spread over the top. The cream may be whipped while the gelatine is cooling.

### *Apple Charlotte.*

Pare, core, and slice 12 tart apples. Stew soft, sweeten well, and if not smooth enough rub through a colander. Set over the fire and stir in the yolks of 3 eggs. As soon as thoroughly hot (it must not boil) turn into a bowl. When cool whip in the beaten whites of the eggs mixed with 1 tablespoonful of white sugar. Line glass dish with sliced sponge cake or lady fingers; pile the apple within it; set on ice until wanted. The top may be covered with macaroons neatly fitted.

### *Banana Charlotte.*

Line the sides of a quart mould with sliced sponge cake, and the bottom with sliced bananas, two layers deep. Fill the mould with stiff whipped cream. Set aside on ice until wanted. Remove carefully from the mould and serve. The filling may be Bavarian cream if liked.

### *Fruit Charlotte.*

Place in a glass dish a layer of sliced sponge cake or any delicate plain cake. Dip each slice in sweet cream or rich milk. Make a boiled custard in the proportion of 1 quart of milk, 4 yolks of eggs and three-fourths cupful of sugar; flavor to taste. Put a layer of ripe strawberries, raspberries, blackberries or sliced peaches well sugared, and alternate with cake until the dish is filled. When the custard is cold pour over the whole. Beat the whites of the eggs to a stiff froth; sweeten, flavor and heap over the top.

### *Chocolate Meringue.*

Dissolve 2 tablespoonfuls of corn starch in 1 tablespoonful of milk or water. Grate 2 tablespoonfuls of chocolate into a saucepan and add to it 1 pint of milk; stir until perfectly smooth. (An earthen dish is nice for such preparations unless cooked in double boiler: they are not so apt to burn as in tin). When it is scalding hot pour in the corn starch and stir until it thickens; then add the yolks of 2 eggs beaten with 2 tablespoonfuls of sugar, and stir until well thickened. Let cook a minute, flavor with 1 teaspoonful vanilla, and pour in a glass dish. Just before serving, when it has cooled perfectly, cover it with a meringue made of the whites of eggs beaten stiff with 2 tablespoonfuls of white sugar and a few drops of vanilla. This may be made with 1 egg, but is not quite as rich.



*Ivory Blanc-Mange.*

Soak 1 ounce of gelatine for ten minutes in a little cold milk and pour over the gelatine, and stir it constantly until it is all dissolved; it may be placed in the dish and set on top of a boiling teakettle for a few minutes; remove it and add a small cupful of sugar and two table-spoonfuls of sherry wine. Strain into moulds.

*Cherry Tapioca.*

One and one-half pounds of sour cherries, 1 cup of tapioca, sugar to taste. Wash the tapioca through several waters, then cover with cold water, and soak over night. In the morning, put it on the fire with 1 pint of boiling water, simmer slowly until the tapioca is perfectly clear.

Stone the cherries, stir them into the boiling tapioca, sweeten to taste. Take from the fire, turn into the dish in which they are to be served, and stand away to cool. Serve very cold, with sugar and cream. This will serve eight persons.

*Orange Tapioca.*

One cup of tapioca, 1 dozen sour oranges, sugar to taste. Make and serve the same as cherry tapioca.

*Peach Tapioca.*

One cup of tapioca, 1 quart can or a quarter-peck of stewed peaches, sugar to taste. Make and serve the same as cherry tapioca.

*Raspberry Tapioca.*

One cup of tapioca, 1 quart of raspberries, sugar to taste. Make and serve the same as cherry tapioca.

*Strawberry Tapioca.*

One cup of tapioca, 1 quart of strawberries, sugar to taste. Make and serve the same as cherry tapioca.

*Quaking Custard.*

One-half box of gelatine, 5 eggs, 1 teaspoonful vanilla, one and one-half pints of milk, one-half cup of sugar, one-fourth cup of powdered sugar. Cover the gelatine with cold water and soak a half hour. Put the milk on to boil. Beat the yolks of the eggs and the half cup of sugar together until light, then stir into the boiling milk; add the gelatine,

and stir over the fire for a minute to thicken. Take from the fire, add the vanilla, pour in a mould, and stand away to harden. When ready to serve, beat the whites to a foam, then add gradually the powdered sugar, beating all the while. After all the sugar is added, beat until it will stand alone. Turn the pudding carefully from the mould, heap the whites around it, and serve. This will serve eight persons.

## BLANC MANGE.

Rules used in the cooking of custards will be found applicable to the preparation of blanc mange.

Blanc mange is made of a great variety of materials, such as arrow-root, gelatine, farina, corn starch, etc., and may be served with cream, or various sauces, preserves, or diluted fruit jellies. Whipped cream is a very delicious accompaniment. Boiled custard is preferred as sauce by many. Cream and sugar with plum jelly is extra nice. Plum jelly is always nice for blanc mange or corn starch.

Moulds of various kinds are used. One of the most ornamental is a grooved cake tin with a tube in the center. Whipped cream or ornamental froth can be filled in this opening and heaped around the outer edge. Moulds where gelatine is used should be dipped in hot water before using and not wiped, that the contents may turn out easily. For corn starch this is not necessary.

### *Ornamental Froth for Blanc mange or Creams.*

Beat the whites of 4 eggs to a froth with 1 tablespoonful of sugar. Stir in one-half pound of preserved raspberries, strawberries or cranberries. Beat well together and turn around blancmange or creams.

### *Tapioca Blanc mange.*

One-half pound tapioca, soaked in 1 cup of cold water four hours or over night. Add 1 pint of milk, one-quarter cupful sugar, 2 teaspoonfuls vanilla or almond extract, a pinch of salt. Heat the milk and stir in the soaked tapioca, add sugar and salt, boil slowly fifteen minutes, stirring constantly, remove from fire, and beat until nearly cold. Flavor and pour into moulds previously dipped in cold water. Turn out and serve with sweet cream, boiled custard, or cold cream sauce.

*Sago Blanc mange.*

Same as tapioca, substituting sago for tapioca.

*Cornstarch Blanc mange.*

One pint of milk, 2 tablespoonfuls corn starch, 3 tablespoonfuls sugar, pinch of salt, flavoring. Boil the milk with the sugar in it, mix the corn starch with a little extra cold milk, or water, stir in the boiling milk and let cook a minute or two. Remove from the fire and beat in the butter to whiten it. Pour in moulds to cool. Turn from the moulds when cold and serve with sweetened cream. Cold cream sauce or diluted fruit jelly. A couple of peach leaves boiled in the milk gives a delicate flavor. One egg, beaten separately, may be added if wished. Stir the stiffly beaten white in the blanc mange after removing from the fire. If the egg is used omit the butter.

*Farina Blanc mange.*

One quart new milk, one-half spoonful salt, 4 tablespoonfuls farina, 2 tablespoonfuls sugar. Heat the milk to boiling point in a double boiler, or pail set in a kettle of boiling water. Mix the farina with a little cold milk or water, stir in, add other ingredients and boil fifteen minutes, stirring constantly. Pour into moulds wet in cold water. Serve with any desired accompaniment.

*Cream Fruit Blanc mange.*

One quart of raspberries, strawberries or blackberries, one-half package Cox's gelatine, soaked one hour in one-half cupful water, 1 large cupful white sugar, 1 pint sweet cream; rich milk will do, one-half cupful boiling water. Crush the berries to extract the juice, and stir into this the soaked gelatine and the sugar. Pour in the one-half cupful boiling water, stir thoroughly, strain, and mix with it the pint of cream; turn in a mould; set in a cool place, on ice if possible, to form. Take from the mould and serve plain, or with whipped sweet cream; or use a grooved cake tin with a tube for a mould, and fill the opening left by the tube with the cream, or pass around with it cold boiled mustard in a glass pitcher. Cold cream sauce or sweetened cream may also be used.

*Quince Blanc mange.*

One ounce isinglass dissolved in 1 pint juice of quinces; add 8 tablespoons sugar; stir over the fire twenty-five or thirty minutes; skim;

pour the jelly over one-half pint good cream, stirring till cool; pour into mould wet with cold water.

### *Rice Blanc-Mange.*

One-quarter pound of ground rice, 3 ounces of loaf sugar, 1 ounce of fresh butter, 1 quart of milk, flavoring of lemon peel, essence of almond or vanilla, or laurel leaves. Mix the rice to a smooth batter with about one-half pint of milk, and the remainder put into a saucepan, with the sugar, butter, and whichever of the above flavorings may be preferred; bring the milk to the boiling point, quickly stir in the rice, and let it boil for about ten minutes, or until it comes easily away from the saucepan, keeping it well stirred the whole time. Grease a mould with pure salad oil; pour in the rice, and let it get perfectly set, when it should turn out quite easily; garnish it with jam, or pour round a compote of any kind of fruit, just before it is sent to the table. This blanc-mange is better for being made the day before it is wanted, as it then has time to become firm. If laurel leaves are used for flavoring, steep three of them in the milk and take them out before the rice is added; about eight drops of essence of almonds, or from twelve to sixteen drops of essence of vanilla, would be required to flavor the above proportion of milk,

## CREAMS.

### *Raspberry Cream.*

One pint red raspberries, one-half package of gelatine soaked in one half cupful cold water, 1 cupful powdered sugar dissolved in 1 cupful boiling water, 1 pint whipped cream; whites of 4 eggs, To this add the soaked gelatine, stir, and set aside to cool. Beat the whites of the eggs stiff, and when the jelly is growing firm whip this into the frothed whites. Stir in the berries and turn into any mould, plain or fancy. Turn out on an ornamental glass plate and heap the freshly whipped cream about it.

### *Strawberry Cream.*

Make in the same manner as raspberry cream given above.

### *Winter Snow Cream.*

Sweeten 1 pint of cream very sweet; flavor with lemon or vanilla. Let stand till very cold. When ready for dessert beat new fallen snow into the cream until it is stiff enough to stand alone. Serve immediately. Very rich milk may be used as a substitute, but is not as nice.

### *Swiss Cream.*

One quarter pound of macaroons or six small sponge cakes, one pint of cream, 5 ounces of lump sugar, 2 tablespoonfuls of arrowroot, the rind of one lemon, the juice of half a lemon, 3 tablespoonfuls of milk. Lay the macaroons or sponge cakes in a glass dish, and pour over them as much sherry as will cover them, or sufficient to cover them well. Put the cream into a lined saucepan, with sugar and lemon-rind, and let it remain by the side of the fire until the cream is well flavored, when take out the lemon-rind. Mix the arrowroot smoothly with the cold milk; add this to the cream, and let it boil gently for about three minutes, keeping it well stirred. Take it off the fire, stir till nearly cold, when add the lemon juice, and pour the whole over the cakes. Garnish the cream with strips of angelica, or candied citron cut thin, or bright colored jelly or preserve. This cream is exceedingly delicious, flavored with vanilla instead of lemon; when this flavoring is used, the sherry may be omitted, and the mixture poured over the *dry* cakes.

### *Italian Cream.*

Take 1 quart of cream, 1 pint of milk sweetened very sweet, and highly seasoned with sherry wine and vanilla; beat it with a whip dasher, and remove the froth as it rises, until it is all converted into froth. Have ready one box of Cox's sparkling gelatine dissolved in a little warm water, set the frothed cream into a tub of ice; pour the gelatine into it, and stir constantly until it thickens, then pour into moulds, and set in a cool place.

### *Whipped Cream.*

Mix 1 pint of cream with 9 tablespoons of fine sugar and 1 gill of wine in a large bowl; whip these with the cream dasher, and as the froth rises, skim into the dish in which it is to be served. Fill the dish full to the top, and ornament with kisses or macaroons.



*Chocolate Bavarian Cream.*

One pint of milk, 1 pint of cream, one-half cup of sugar, one-half box of gelatine, 2 ounces of chocolate, 1 teaspoonful of vanilla, one-half cup of water. Cover the gelatine with the water, and let soak half an hour. Whip the cream, grate the chocolate, put the milk on to boil; when boiling, add the chocolate and gelatine, stir until dissolved. Take from the fire, add the sugar and vanilla, then turn into a tin basin to cool; stir continually until it begins to thicken, then add the whipped cream. Stir carefully until thoroughly mixed, then turn into a mould to harden. Served with whipped cream around the base.

*American Cream.*

One-half box of gelatine, one and one-half pints of milk, 1 cup of sugar, juice and rind of 1 lemon. Cover the gelatine with a half cup of cold water, and soak a half hour. Put the milk on to boil in a farina boiler, add the gelatine to it, stir until dissolved, strain, take from the fire, and stand aside to cool. When cold, add the sugar and lemon, stir well, turn into a mould, and stand away to harden. Serve with cream or vanilla sauce. This will serve eight persons.

*Fried Cream.*

One pint of milk, yolks of 3 eggs, one-quarter of a nutmeg, grated, 1 tablespoonful of corn starch, one-half cup of sugar, 1 teaspoonful of vanilla, 4 tablespoonfuls of flour. Put the milk on to boil in a farina boiler, moisten the flour and corn starch in a little cold milk, then add it to the boiling milk. Stir and boil five minutes. Now add the sugar, nutmeg, and the yolks of 3 eggs well beaten. Let cook 1 minute; take from fire and add flavoring. Turn into a square mould, and stand in a cold place for four or five hours. Then sprinkle some bread crumbs on a baking board, turn the cream out on them, and cut it into squares. Dip them first in beaten egg, then in crumbs, and fry in boiling fat. Serve with powdered sugar sifted over.

*Hamburg Cream.*

Five eggs, 2 lemons, one-half pound of sifted sugar. Beat the yolks with the juice and grated rind of the lemons, also the sugar; put it on the fire, and let it come to a boil, then add hastily the whites of the eggs beaten stiff. Stir all well together; take immediately off the fire and

put in glasses. In making this always use a farina boiler. This recipe will fill eight glasses.

### *Coffee Bavarian Cream.*

One-half box gelatine, one-half pint milk, 1 pint cream, 1 teaspoonful vanilla, 1 cup of sugar, 1 cup strong boiling coffee. Cover the gelatine with cold water and let soak for a half hour; then pour over it the boiling coffee; add the sugar, and stir until it is dissolved; then strain into a tin basin; let stand until cool. While it is cooling, whip the cream. When cool, add first the milk, and then the whipped cream; stir carefully until thoroughly mixed, turn into a mould, and set away to harden,

Caramel Bavarian cream may be made as above, using 1 pint of milk, 2 tablespoonfuls of caramel, and a gill of sherry instead of the coffee.

### *Italian Cream.*

One quart of milk, one-half box of gelatine, one-half cup of sugar, 4 eggs, 1 teaspoonful of vanilla, one-half cup cold water. Cover the gelatine with cold water, and soak half an hour. Put the milk on to boil in a farina boiler. Beat the yolks of the eggs and sugar together until light, then stir them into the boiling milk; stir over the fire a half minute; take from the fire, add the gelatine and vanilla, and stand aside to cool. When slightly cool, not stiff, add the whites of the eggs beaten to a stiff froth, turn into a mould, and stand away in a cool place to harden.

This is sufficient to fill a mould holding one and a half quarts, and will serve nine people.

### *Snow Pyramids.*

Beat the whites of 6 eggs to a stiff froth. Add 1 cupful of currant or any other jelly, and whip together again. Fill the required number of saucers half full of cream, and drop in the center of each one a little pyramid of the whipped jelly and eggs. Whipped cream may be used instead of liquid cream in the saucers.

### *Dish of Snowwhipped Cream.*

To the whites of 3 eggs beaten to a froth, add a pint of cream and 4 tablespoonfuls of sweet wine, with three of fine white sugar and a teaspoonful of extract of lemon or vanilla; whip it to a froth and serve in

a glass dish; serve jelly or jam with it. Or lay lady-fingers or sliced sponge cake in a glass dish, put spoonfuls of jelly or jam over, and heap the snow upon it,

### *An Excellent Dessert.*

One can or 12 large peaches, 2 coffee cups of sugar, 1 pint of water, and the whites of 3 eggs; break the peaches with and stir all the ingredients together; freeze the whole into form; beat the eggs to a froth.

### *Omelet For Dessert.*

Beat 6 eggs light, add a teaspoonful of salt, and 4 or 5 macaroons pounded fine; beat them well together; fry as usual; strew plentifully with sugar, and serve.

### *Lemon Pudding.*

Half pound of sugar, half pound of butter, five eggs, half gill brandy, rind and juice of one large lemon; beat well the butter and sugar, whisk the eggs, add them to the lemon, grate the peel, line a dish with puff paste, and bake in a moderate oven.

## DAINTY DISHES.

### *Apple Snow.*

Take perfectly smooth tart apple sauce beaten to a cream, or the pulp scraped from baked tart apples and beaten smooth. Sweeten well, and to every large cupful add the beaten white of an egg. Beat all together thoroughly with an egg beater until it is as light as possible. This is nice for dessert with cake, or for tea, or invalids.

### *Apple Trifle.*

Twelve apples, sliced; stew to a pulp, beat fine and sweeten well. Add the juice of 1 lemon, and a part of the grated yellow rind. Beat the whites of 4 eggs to a stiff froth, and whip in with the apples. The lemon can be omitted.

*Custard.*—One and one-half pints of rich milk, 1 large cupful sugar, yolks of 4 eggs. Boil until it thickens. When perfectly cold pour over

the apples. They must be stiff to prevent rising in the custard. Lastly, whip one-half pint of rich cream perfectly light and lay over all. Can be made without the cream. Delicious either way.

### *Moulded Apple.*

Boil 1 pound of loaf sugar in 1 pint of water five minutes. Add 2 pounds of tart apples prepared as for sauce. Let boil until the mixture grows thick. Add the grated rind and the juice of 1 lemon, or flavor with lemon extract. Press into moulds that have been dipped in cold water, and not wiped. When the moulded apple is turned out ornament by sticking blanched almonds over it. Pour whipped cream or soft custard around it. Compared with apple trifle, moulded apple will be cheaper when eggs are scarce.

### *Banana Dessert.*

Slice bananas and pour over them whipped cream, sweetened and flavored with vanilla; 1 tablespoonful of gelatine dissolved in a little water and whipped into the cream, gives some consistency. Serve with sponge cake.

### *Peach Dessert.*

Slice peaches; leave a few hours in sugar; scald and allow to cool. Make a thick sweet custard and turn over them when both are cold. The result will be a delicious dessert.

### *Lemon Trifle.*

Juice of 2 lemons and grated peel of one, 1 pint cream, well sweetened and whipped stiff, 1 cup of sherry, a little nutmeg. Let sugar, lemon juice and peel lie together two hours before you add wine and nutmeg. Strain through double tarlatan, and whip gradually into the frothed cream. Serve very soon, heaped in small glasses.

### *Angels' Snow.*

One dozen sweet oranges, 1 cup of sugar, 1 cocoanut. Pare and grate the cocoanut. Peel and cut the oranges in small pieces, taking out all the seeds. Put a layer of the oranges in the bottom of a pretty glass dish, sprinkle with sugar, then a layer of cocoanut, then another layer of oranges, sugar, and so on, until the dish is full, having the last layer cocoanut. Let stand one hour, and it is ready to serve.

### *Apple Charlotte.*

Six large apples, one-half box of gelatine, 1 pint of cream, sugar to taste. Pare and steam the apples until tender, then press them through a colander and add the sugar. Cover the gelatine with cold water and soak a half hour, then add it to the hot apples; stir until dissolved. Now pour this into a tin basin, and stand the basin in a pan of ice water, and stir continually until the mixture begins to thicken; then add quickly and carefully the cream, whipped. Turn in a fancy pudding mould, and stand in a cool place to harden. This will serve eight persons.

### *Orange Float.*

One quart of water, 1 cup of sugar, juice and pulp of 2 lemons, 5 sweet juicy oranges, 4 tablespoonfuls of corn starch. Put the water on to boil. Moisten the corn starch with a little cold water, then stir it into the boiling water, and cook slowly for ten minutes, stirring constantly. Take from the fire, add the sugar, lemon juice and pulp. Cut the oranges into small pieces, remove the seeds, pour the boiling corn starch over them, and stand away to cool. Serve cold, with sugar and cream. This will serve eight persons.

### *Floating Island.*

One quart of sweet milk; boil. Stir in the beaten yolks of 6 eggs, 2 tablespoonfuls of white sugar and flavor with vanilla, lemon, rose or almond. Stir until it thickens. Pour into a wide shallow dish. Beat the whites of the eggs to a stiff froth, sweetening and flavoring slightly. Spread the frothed eggs smoothly over the boiling hot custard (doing it in this manner cooks the whites sufficiently without the trouble of setting them over boiling water). Grate loaf sugar over the top, and sprinkle grated cocoanut over that. This last is not necessary, but is a great improvement. Spoonfuls of jelly or jam may be scattered over the top. Set the dish in a pan of ice water and serve cold as possible. This rule may be made with 4 eggs to the quart in place of 6, but is not so rich. Serve with cake for tea or lunch.

### *Cheese Fingers.*

This is a good way to use up scraps of pastry left over from baking pies. Cut into strips as long as your middle finger, and twice as wide; strew with dry, grated cheese, a little salt, and just a pinch of cayenne;



double them lengthwise; pinch the edges together along their length, sprinkle more cheese upon them and bake quickly; pile within a napkin on a hot dish, and serve at once.

### *Jelly Kisses.*

Kisses to be served for dessert at a large dinner, with other suitable confectionery, may be varied in this way: Having made the kisses, put them in a moderate oven until the outside is a little hardened; then take one off carefully, as before directed; take out the soft inside with the handle of a spoon, and put it back with the mixture to make more; then lay the shell down. Take another, and prepare it likewise; fill the shells with currant jelly, or jam; join two together, cementing them with some of the mixture; so continue until you have enough. Make kisses, coconut drops and such like, the day before they are wanted.

### *Dessert Puffs.*

Puffs for dessert are delicate and nice; take 1 pint of milk and cream each, the whites of 4 eggs beaten to a stiff froth, 1 heaping cupful of sifted flour, 1 scant cupful of powdered sugar, add a little grated lemon peel, and a little salt; beat these all together till very light, bake in gem pans, sift pulverized sugar over them, and eat with sauce flavored with lemon.

### *Sponge Pudding (The best pudding known).*

One pint sweet milk, one-half cup sugar, one-half cup flour, one-half cup butter, 5 eggs. Wet flour with part of milk, then add remainder and cook ten minutes; add butter and sugar while hot; when cool add yolks of eggs well beaten, then beaten whites and stir thoroughly. Bake in two quart basin; set in pan of hot water one-half hour. Serve with butter and sugar sauce.

### *Jelly Fritters.*

Make a batter of 3 eggs, a pint of milk, a pint bowl of wheat flour or more, beat it light; put a tablespoonful of lard or beef fat in a frying or omelet pan, add a saltspoonful of salt, making it boiling hot, put in the batter by the large spoonful, not too close; when one side is a delicate brown, turn the other; when done, take them on to a dish with a d'oyley over it; put a dessertspoonful of firm jelly or jam on each, and serve. A very nice dessert.

### *Macaroons.*

One-half pound of sweet almonds, one-half pound of sifted loaf sugar, the whites of 3 eggs, wafer-paper. Blanch, skin, and dry the almonds, and pound them well with a little orange-flower water or plain water; then add to them the sifted sugar and the whites of the eggs, which should be beaten to a stiff froth, and mix all the ingredients well together. When the paste looks soft, drop it at equal distances from a biscuit syringe on to sheets of wafer-paper; put a strip of almond on the top of each; strew some sugar over, and bake the macaroons in rather a slow oven, of a light brown color.

### *Salted or Roasted Almonds.*

Take 1 pound of almonds; remove the skins by plunging them in some boiling water. Put with them a tablespoonful of melted butter and 1 of salt. Stir them till well mixed, then spread over a baking-pan and bake fifteen minutes, or till crisp, stirring often. They must be a golden brown when done. They are a fashionable appetizer, and should be placed on the table at the beginning of dinner.

### *Cream Cheese.*

Take 1 quart of thick, sour cream; mix 1 level tablespoonful of salt; tie in a piece of muslin and hang in a cool place to drip for three days.

### *English Cream Cheese.*

Take 1 quart of cream; if not desired very rich add 1 pint of milk. Set the dish in hot water and warm the cream almost to boiling point. Remove and add 1 tablespoonful of rennet; let stand till thick, then break slightly with a spoon and tie in a thick cloth, press lightly with a weight for one-half day, tie in a finer cloth, rub powdered salt over the cloth, and hang up for a day or two.

### *Chocolate Macaroons.*

Put 3 ounces of plain chocolate in a pan and melt on a slow fire; then work it to a thick paste with 1 pound of powdered sugar and the whites of 3 eggs; roll the mixture down to the thickness of about one-quarter of an inch; cut it in small, round pieces with a paste cutter, either plain or scalloped; butter a pan slightly, and dust it with flour and sugar in equal quantities; place in it the pieces of paste or mixture, and bake in a hot but not quick oven.

*Dutch Cheese or Cottage Cheese.*

Set a pan of curdled milk on the back of the stove and let heat slowly; boiling will toughen the curd. When the curd is separated from the whey take off, pour into a bag or piece of muslin and hang on a nail to drip until next day. Chop up the ball of curd and work smooth with salt, pepper and cream or butter to taste. Mix with the hands and make into small balls, or press in a dish and slice off to serve.

*Lemon Toast.*

Take the yolks of 6 eggs, beat them well and add 3 cups sweet milk; take baker's bread not too stale and cut into slices; dip them into the milk and eggs, and lay the slices into a spider, with sufficient melted butter, hot, to fry a nice delicate brown; take the whites of six eggs, and beat them to a froth, adding a large cup of white sugar; add the juice of 2 lemons, heating well, and adding two cups boiling water. Serve over the toast as a sauce, and you will find it a very delicious dish.

*Batter Pudding.*

One quart milk, four eggs, six ounces flour, a little soda and salt. Mix the flour very carefully with a little milk so it will not be lumpy. Bake twenty minutes. Serve immediately.

## SHORT-CAKES.

*Strawberry Short-Cake.*

One quart of flour, 3 teaspoonfuls of baking powder, two-thirds cupful of butter, milk or water to mix soft. Divide into two or three equal parts and roll out according to the size of baking tin. Place each layer in the tin; spread melted butter between them only, putting none on the last layer. When baked the layers will separate easily.

Short cake may be made after any other rule, with sour milk, soda, etc., but baking in layers will be found an improvement. Spread on each layer strawberries and sugar, lay on the upper crust and pour over all any juice that may be left. This will be improved by serving with sweetened cream. Berries of any kind—cherries, sliced peaches or

stewed apples, may be served in the same manner. Cut through all the layers in serving. Some cooks roll the dough thin and bake in layer cake tins. If not very thick several must be used. Unless there is an extra amount of shortening in the cake each layer must be buttered before covering with the berries.

### *Cream Raspberry Short-Cake.*

One pint of rich sour cream, 1 teaspoonful of soda, pinch of salt, flour enough to make a soft dough. Roll to the thickness of an inch and a half; bake, separate and butter; or, better still, make four layers, spreading each one with butter. Bake in a deep tin, layer upon layer. Sweeten the berries well between the crusts, covering each layer of fruit with whipped sweet cream. Cover the top with the whipped cream, and dust with powdered sugar.

### *Peach Short-Cake.*

Make a plain baking powder crust; bake in two tins; butter each side well and alternate the layers of crust with sliced and sugared peaches. Cover the top crust with a thick dashing of powdered sugar. Serve with sweetened cream.

### *Cranberry Short-Cake.*

This can be made in the same manner, having the fruit thoroughly stewed and sweetened. Spread between the layers of crust thickly. Reserve the extra juice to serve as sauce.

### *Apple Short-Cake.*

Mix a stiff batter as for biscuit. Put in a deep pie tin with a spoon; bake separate, butter well, and fill with a thick layer of very nice tart apple sauce. Sprinkle with sugar.

### *Orange Short-Cake.*

One quart of flour, 1 egg, well beaten, one-half cupful of butter, 1 tablespoonful of sugar, 3 teaspoonfuls of baking powder, milk for a soft dough. Roll one-half inch thick, bake in round tins in a quick oven.

*Filling.*—Roll 3 large oranges and 1 lemon; press the juice into a bowl. Remove the peel, chop all the pulp fine, and add to the juice, with 1 cupful of granulated sugar.

### *Sweet Short-Cake.*

One cupful of powdered sugar, 1 tablespoonful of butter, 3 eggs, 1 cupful of flour, sifted with 1 teaspoonful of baking powder, 3 table-spoonfuls of cream.

Bake in jelly cake tins. When done lay one upon the other, sprinkling each with powdered sugar. Cut through the layers as for a pie; serve in saucers with sweetened cream poured over it.

### *Lemon Short-Cake.*

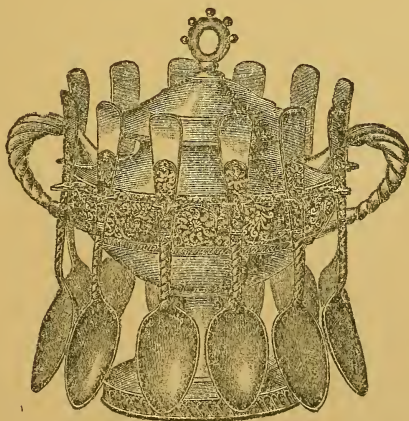
Make a rich short cake. Bake in jelly cake tins; let cool and spread with the lemon filling for lemon layer cake. Dust sugar over the top and serve.

### *Jelly Short-Cake.*

Can be made in the same way, substituting jelly for lemon butter.

### *Epicurean Short-Cake.*

Prepare a short cake as for sweetened short cake. When cold put strawberries and sugar between each layer, and over the top. Serve with cream and powdered sugar.





## SAUCES FOR PUDDINGS AND DUMPLINGS.

Wherever wine is found in a rule for sauce, juice of a lemon may be substituted in some cases; in others, a glass of rose water or an extra yolk of an egg.

Creaming butter and sugar for sauces should always be done in an earthen dish with a wooden or silver spoon. Tin or iron discolors.

Sweet cream used as a pudding sauce is one of the most wholesome, as well as most convenient dressings, suitable to almost every pudding, nourishing and agreeable to the invalid as well as the epicure. It cannot occupy too large a place in the culinary department. It may be served plain, or white sugar may be sent round with it. Flavoring is sometimes used.

Sour cream, also sweetened and flavored to taste, is used with some puddings. Whipped cream, also.

### *Simple Sauce.*

One egg beaten thoroughly and stirred into 1 pint of sweetened milk. Flavor with nutmeg. Nice for corn starch pudding, or rice plain boiled, or a simple rice pudding.

### *Sauce for Plum-Pudding.*

Two cups of sugar; two of butter; one of red currant jelly; juice of half a lemon.

Warm the butter slightly, and stir the sugar to a cream. Divide into two parts, whip the lemon juice into one, the jelly into the other. Wet a bowl and fill with alternate strata of white and pink sauce. Let it cool on the ice, and when hard pass a knife close to the sides of the bowl to loosen it. Send to table on a cold platter.

### *Cider Sauce.*

Mix 2 tablespoons butter with an even tablespoon of flour; stir in half a pint of brown sugar, and half a gill of boiled cider; add a gill of boiling water, mix well, let it simmer for a few moments; serve hot.

### *Cocoanut Sauce.*

Two tablespoons butter, cup of sugar, tablespoon of flour, milk of 1 cocoanut, with a small piece grated.

### *Cream Sauce.*

One teacup powdered white sugar, scant half teacup butter, half teacup rich cream; beat butter and sugar thoroughly, add cream, stir the whole into half teacup boiling water, place on stove for a few moments, stirring it constantly; take off, and add flavoring.

### *Vanilla Sauce.*

One pint of milk, yolks of 4 eggs, 2 tablespoonfuls of sugar, 1 teaspoonful of vanilla. Put the milk on to boil in a farina boiler. Beat the yolks and the sugar together until light, then add them to the boiling milk; stir over the fire for two minutes. Take off, add the vanilla, and put away to cool.

### *Maple Sauce.*

One-half pound maple sugar cut in bits and dissolved in one-quarter cupful boiling water. Set over a good fire to melt quickly. Stir in one-half cupful butter, cut in bits. One cupful of maple syrup may be used instead of the sugar. Flavor, if liked, with grated nutmeg. Nice for dumplings, batter-puddings, etc.

### *Dominion Sauce.*

Bring the juice poured from a can of peaches to a boil. Dissolve 1 tablespoonful of corn starch in one-half cupful cold water, add to the juice, boil two minutes and stir in 1 small cupful of sugar. This sauce is served with peach batter pudding, and may be used with any other. The juice of preserved fruit makes nice sauce.

### *Orange Hard Sauce.*

Select a thin orange, cut the skin into six equal parts, by cutting through the skin at the stem end and passing the knife around the

orange to nearly the blossom end; loosen and turn each piece down and remove the orange. Extract juice and mix it with yellow sugar (prepared by dropping a drop or two of "gold coloring" on white sugar while stirring it) till a ball can be formed, which place inside the orange peel, and serve. The "gold coloring" may be omitted. Lemon sauce may be made in the same way.

### *Pineapple Sauce.*

Mix 2 tablespoons butter and 4 heaping tablespoons sugar (some add white of an egg), flavor with pineapple (or any other flavoring), form a pyramid, and with a teaspoon shape it like a pineapple. Or, to a grated pineapple add a very little water, simmer until quite tender, mix with it, by degrees, half its weight in sugar, boil gently for five minutes, and serve.

### *Strawberry Sauce.*

Half teacup of butter, one and a half teacups of sugar, and 1 pint of strawberries mashed till juicy. (Canned berries may be substituted for fresh ones). Beat the butter and sugar to a cream; then stir in the berries and the beaten white of an egg.

### *Hard Gold Sauce.*

One-half cupful of butter creamed with 2 cupful brown sugar; flavor with vanilla. Beat the butter to a cream, and add the sugar. Beat thoroughly. Smooth into shape and grate nutmeg thickly over the top. Keep cool. The yolk of an egg is a very nice addition beaten up with the sauce.

### *Hard Silver Sauce.*

One-half cupful butter creamed with 1 cupful of powdered sugar. Beat part of the juice of a lemon with the sauce, or flavor with lemon extract. The stiffly beaten white of an egg stirred in thoroughly with this is an improvement. The whole egg may be used if not too particular as to the whiteness of the sauce. Keep cool.

### *Old-Style Sauce.*

Dilute half a cup of currant jelly with a cup of boiling water; stir in two tablespoonfuls of butter, and four of sugar. When it boils, add the juice of a lemon, a little nutmeg, and an even teaspoonful of corn-starch wet with cold water. Boil up again, and set in hot water until needed.

### *Custard Sauce.*

One pint sweet milk, butter size of a walnut, 1 well beaten egg, or the yolks of 2 eggs, 1 teaspoonful of vanilla or almond extract. Melt the butter in the milk, stirring thoroughly. Let cool. Stir this gradually into the egg. Heat over a slow fire until the custard thickens. Sweeten to taste. Remove from the fire and stir until the sugar is dissolved. Serve with corn starch or blancmange. Very nice poured over fresh berries in the absence of cream.

### *Sugar Sauce.*

One cup of sugar, one-half cup of butter; stir the whole until very light; add sufficient boiling water to make the consistency of thick cream; heat over the tea kettle until it melts. Pour over boiling water to proper thickness, add grape juice to flavor, or any flavoring that may be desired.

### *Brandy Sauce.*

Four tablespoonfuls of butter, whites of 2 eggs, 1 cup of powdered sugar, 1 gill of brandy, 1 gill of boiling water. Beat the butter to a cream, add gradually the sugar, and beat until white and light; then add the whites one at a time, beating all the while. When ready to serve, add the brandy and boiling water, stand the bowl in a basin of boiling water over the fire, stir until light and creamy, and it is ready for use.

### *Caramel Sauce.*

One cup of granulated sugar, 1 cup of water. Put the sugar into an iron saucepan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water, let boil two minutes, and turn out to cool.

### *Peach Sauce.*

Four large, mellow peaches, one-half cup of sugar, one-half cup of water, 1 even tablespoonful of corn starch, 1 cup of cream, whites of 2 eggs. Pare and stone the peaches; put them in a saucepan with the water and sugar, stew until tender, then press them through a colander. Put the cream on to boil in a farina boiler; moisten the corn starch in a little cold water, and stir into the boiling cream; stir until it thickens;

then beat into it the peaches and the whites of the eggs beaten to a stiff froth. Stand in a cold place until very cold.

Apricot sauce may be made in the same manner, using canned apricots.

### *Raspberry Sauce.*

Make the same as strawberry sauce.

### *Gooseberry Cream.*

Stew 1 quart of gooseberries with 2 cupfuls of white sugar. When done, strain through a sieve. Make a boiled custard as follows: One quart of milk, 3 eggs, sweeten and flavor to taste, and stir the gooseberries through this. Serve in a deep glass dish. One-half cupful of cream may be whipped and piled over the top if the dish is wished especially nice.

### *Fruit Creams.*

Take any kind of stiff preserves or jam and put in the bottom of a glass dish. Make the snow cream or the Italian cream, and when it is nearly cold turn over the fruit. Serve cold.

### *Hard Sauce.*

One-fourth cup of butter, 1 cup of powdered sugar, 1 teaspoonful of vanilla, whites of 2 eggs. Beat the butter to a cream, add gradually the sugar, and beat until very light; add the whites, one at a time, and beat all until very light and frothy, then add gradually the flavoring, and beat again. Heap it on a small dish, sprinkle lightly with grated nutmeg, and stand away on the ice to harden.

### *Vinegar Sauce.*

One tablespoonful of butter rubbed with 1 tablespoonful of flour, 1 wineglass of vinegar, one-half teacupful of molasses or brown sugar, 1 teacupful of cold water, one-half teacupful of sugar, 1 grated nutmeg, stir until it boils. Serve hot.

### *Egg Sauce.*

One cupful of white sugar, one cupful boiling water or milk. When melted, stir in 2 well beaten eggs. Flavor with lemon or vanilla. Serve immediately.



*Fruit Sauce.*

One cup of sugar, a pint of raspberries, strawberries or peaches, a tablespoonful of melted butter, and a cupful of water. Boil all together slowly, removing the scum as soon as it rises; then strain. This is excellent served with baked apple dumplings; in fact is good with many puddings.

*Lemon Sauce.*

One tablespoonful of corn starch, 1 tablespoonful of butter, one-half cup of sugar, 1 egg, 1 pint of boiling water. Put the corn starch, egg, butter, and sugar into a bowl and beat them well; now pour over them the boiling water, and stir over a fire until thick; take from the fire, and add the juice and rind of 1 lemon. Serve in a boat.

*Madeira Sauce.*

One tablespoonful of butter, 1 tablespoonful of flour, 1 pint of boiling water, 1 teaspoonful of caramel, one-half cup of sugar, 1 gill of Madeira. Put the butter in a saucepan, and stir until slightly brown, then add the flour, mix until smooth; add the water; stir continually until it boils. Add the sugar and caramel, stand it over boiling water for fifteen minutes, then add the Madeira, and serve.

*Jelly Sauce.*

One-half cupful of currant jelly, beaten to a smooth batter, 1 tablespoonful of melted butter, 2 tablespoonfuls of powdered sugar, one-half teaspoon nutmeg, one-half cup of boiling water. Beat thoroughly. A little lemon juice may be added if liked. Serve hot. Exceedingly nice.

*Whipped Cream Sauce.*

Whip a pint of thick sweet cream, add the beaten whites of 2 eggs, sweeten to taste; place pudding in center of dish, and surround with the sauce; or pile up in the center and surround with moulded blanc-mange, or fruit puddings.

*Rose Water. (For Cakes and Puddings.)*

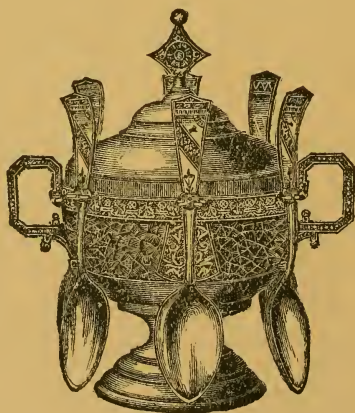
Gather the leaves of roses while the dew is on them, put them into a wide-mouthed bottle, and pour over some alcohol—let stand till ready for use.

*Fruit Salad.*

Take 3 oranges, 3 bananas, 1 pineapple and 1 quart of strawberries put a layer of pineapple cut up in small bits in bottom of dish, sprinkle with sugar, then layer of bananas, then orange, and lastly strawberries, taking care to sprinkle sugar over each layer. Delicious. To be eaten with cake.

*Jelly Sauce.*

Melt 1 ounce of sugar and 2 tablespoons grape jelly over the fire in a half pint boiling water, and stir into it half a teaspoon corn starch dissolved in a half cup cold water; let it come to a boil, and it will be ready for use. Any other fruit jelly may be used instead of grape.



## ICE CREAMS AND ICES.

To make good ice cream, use only the best materials. Avoid gelatine, arrowroot, or any other thickening substances. Good, pure cream, ripe fruit, or the best canned\* in winter, and granulated sugar, make a perfect ice cream. Next, get a good freezer, one working with a crank, and double revolving dasher, making a triple motion.

Fruit and fruit flavorings should be added to the cream after the latter is frozen. The best ice cream is made by first scalding the cream and dissolving the sugar in it while hot. When raw cream is frozen, the flavoring is not so prominent, and the cream has a frozen, snowy taste, and is never perfectly smooth and velvety. Cheaper ice creams are usually made in this way, as they swell to double their original bulk.

Before turning the mixture into the freezing can, see that the dasher is right side up, and the can properly adjusted; then pour in the mixture, put on the cover, fasten the crank, and give it a turn to see that it is all right. Pound the ice fine in a coarse bag, and get the salt, which should be coarse or rock. A four quart freezer will require ten pounds of ice and two quarts of salt. Now put in a layer of ice about three inches deep, then a layer of salt one inch deep, and continue this to the top of the can. Now turn the crank slowly and steadily until it goes pretty hard. If properly packed, it will take twenty to twenty-five minutes to freeze. It is not well to freeze too quickly. Water ices require a longer time than ice creams. When frozen, remove the crank, wipe the lid of the can, and take it off, being careful not to allow any salt to fall into the can; remove the dasher, and scrape it off; take a large wooden spatula or mush stick, and scrape the cream from the sides of the can, and beat and work steadily for ten minutes; this makes the cream smooth. Now put the lid on the can, put a cork in the hole where the dasher was

taken out, drain off the water from the tub, repack with salt and ice, cover the tub with a piece of carpet, and stand away in a cold place for one or two hours to ripen. When the cream is fresh, in tasting, you taste each ingredient separately, but after standing one or two hours they blend and form a pleasant whole. This is called ripening. When ready to serve, dip the can quickly in cold water and wipe it, then turn the cream out on a dish. If you wish to serve the cream in forms, after you are done working it with a wooden spatula, fill the mould or form with the cream, press it down with a spoon, being careful to fill every part of the mould. Bind the edge of the mould with a piece of letter paper, put on the lid, and press it down. Dip a strip of muslin in melted butter, and cover the joint. Pack the mould in salt and ice for one or two hours until wanted. If you have no freezer, an impromptu one may be made by using a tin pail for the can and a bucket or cask for the tub. In this case it will have to be stirred occasionally, while freezing, with a wooden spoon or flat stick, replacing the lid of the kettle after each stirring, and give the pail a rotary motion in the ice.

To freeze puddings, follow the same directions.

### *Lemon Ice Cream.*

Two quarts thick cream, 1 pound white sugar, 3 lemons, juice and grated rind. Mix together, beat well, let stand half an hour. Beat again, pour into the freezer and freeze after the first rule given at beginning of this department. Freeze twice if not smooth at the first freezing.

### *Chocolate Ice Cream.*

One gallon fresh milk, 4 eggs, well beaten, 2 pounds brown sugar, two-thirds cupful grated chocolate. Heat 1 pint of milk and dissolve the chocolate in this. Mix all together and freeze after second method given at beginning of chapter. Flavor, if wished, with 1 tablespoonful vanilla added at the last moment.

### *Chocolate Ice Cream, No. 2.*

One quart cream, 1 cupful of brown sugar, 2 tablespoonfuls grated chocolate, 1 pint of milk. Heat the pint of milk and dissolve the chocolate in this. Beat the cream to a froth, stir in the milk and sugar. Flavor with vanilla. Freeze after the first method. Let it remain after the last packing for two hours.

*Vanilla Ice Cream.*

One quart of cream, 1 vanilla bean or 2 tablespoonfuls of the extract, one-half pound of sugar. Put the sugar, half the cream, and the bean split in halves on to boil in a farina boiler; stir constantly for ten minutes. Take from the fire, take out the bean, and with a blunt knife scrape out the seeds and the soft part from the inside of the bean, being careful not to waste one drop. Mix the seeds thoroughly with the cream, and stand away to cool. When cold, add the remaining cream, and freeze. Finish as in preceding recipe. This will serve six people.

*Strawberry Ice Cream.*

One quart of strawberries, one-half pint cream, 1 pint sugar, one-half pint of milk. Mash the berries and sugar together; add cream and milk, rub through a fine strainer into the freezer.

*Fruit Ice Cream.*

Fruit ice creams of all kinds can be made in the above manner. Crush all the small fruits with the sugar, being guided as to the amount of sugar by the acidity of the fruit. If large fruits are used, such as pears, pineapples, peaches, apples, etc., grate them. Mix with the sugar, and proceed as for strawberry ice cream.

*Coffee Ice Cream.*

One quart of cream, one-half pound of pulverized sugar, 4 ounces of Mocha or 3 ounces of Java. Have the coffee ground coarsely; put it in a farina boiler with 1 pint of the cream and steep for ten minutes, then strain it through a fine muslin, pressing it hard to get all the strength. Add the sugar, stir until it is dissolved, add the remaining pint of cream, cool, and freeze. Remove the dasher, repack, cover, and stand away for two hours to ripen. This will serve six persons.

*Banana Ice Cream.*

Six large red or 8 lady fingers, 1 quart of cream, one-half pound of sugar. Pare and mash the bananas. Put 1 pint of the cream on to boil in a farina boiler; when hot add the sugar, stir until dissolved, and stand aside to cool. Beat and stir the bananas to a smooth paste, add them to the cream and sugar; then add the remaining pint of cream, and turn into the freezer and freeze. This will serve eight persons.



*Apricot Ice Cream.*

One quart of cream, three-quarters pound of sugar, 1 quart of apricots or 1 pint can. Put half the cream on to boil in a farina boiler; when hot, add the sugar, and stir until dissolved. Take from the fire, add the remaining half of the cream; and when cold, freeze. Pare and mash the apricots, and stir them quickly into the frozen cream. Turn the crank rapidly for five minutes, then remove the dasher, repack the tub, cover, and stand away two hours to ripen. This will serve six persons.

*Peach Ice Cream.*

Make precisely the same as apricot, using large, mellow peaches in the place of the apricots.

*Pineapple Ice Cream.*

One quart of cream, 1 pound of sugar, 1 large, ripe pineapple or 1 pint can, juice of 1 lemon. Put 1 pint of cream in a farina boiler with half the sugar, stir until the sugar is dissolved, take from the fire, and stand aside to cool. Pare the pineapple, take out the eyes, cut open and take out the core; then grate the flesh, mix it with the rest of the sugar, stir until the sugar is dissolved. Add the remaining pint of cream to the sweetened cream, and freeze. Add the lemon juice to the pineapple and stir into the frozen cream, beat thoroughly, and finish as in preceding recipes.

If canned pineapple is used, add the lemon juice to it, and simply stir the whole into the cream when cold, and freeze. This will serve eight people.

*Cocoanut Ice Cream.*

One quart of cream, 1 pint of milk, 3 eggs, 1 cupful and a half of sugar and 1 of prepared cocoanut, the rind and juice of a lemon. Beat together the eggs and grated lemon rind, and put with the milk in the double boiler. Stir until the mixture begins to thicken. Add the cocoanut and put away to cool. When cool, add the sugar, lemon juice and cream. Freeze.

*Tutti Frutti Ice Cream.*

Take 2 quarts of the richest cream, and add to it 1 pound of pulverized sugar, and 4 whole eggs. Mix well together; place on the

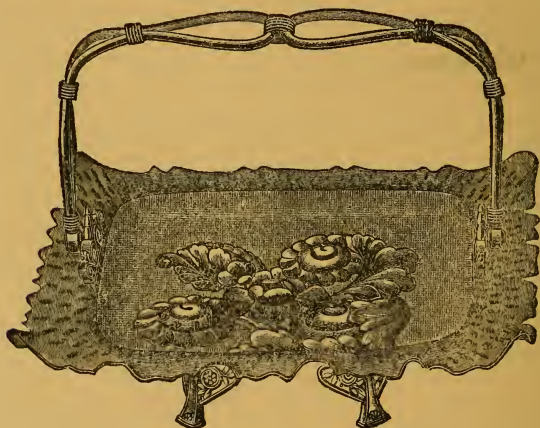
fire, stirring constantly, and just bring to boiling point; now remove immediately and continue to stir until nearly cold; flavor with a tablespoonful of extract of vanilla; place in freezer, and when [half frozen, mix thoroughly into it 1 pound of preserved peaches, apricots, gages, cherries, pineapples, etc.; all of these fruits are to be cut up into small pieces, and mixed well with the frozen cream. If you desire to mould this ice, sprinkle it with a little carmine, dissolved in a teaspoonful of water, with 2 drops of spirits of ammonia; mix in this color so that it will be streaky, or in veins like marble.

### *Iced Cake.*

Make a plain cup cake, and bake it in a deep, square mould. The cake should be at least seven inches thick when done. Make a frozen custard. When ready to serve, cut off the top of the cake, and take out the center, leaving a bottom and wall about one inch thick. Fill this space with the frozen custard; now put the top back; if it is high in the center, cut the elevation off, and take the bottom of the cake for the top. Serve with vanilla sauce poured around it.



## CAKES.



## CAKE MAKING AN ART.

This branch of cooking above all others, demands care and it is invariably true that a good cake maker is a success, at whatever branch of cooking she undertakes. This is generally due to the fact that she has learned that what is worth doing at all, is worth doing well.

Best materials should always be used, and all ingredients should be prepared before commencing to mix any of them. Flour should be sifted, and thoroughly mixed with cream of tartar or baking powder; sugar should be rolled and sifted; eggs fresh from the ice box or cellar, as they beat up much lighter and quicker when cold; they should be well beaten, whites and yolks separately, the yolks to a thick cream, the

whites to a stiff froth; butter should be heated until it becomes moderately soft, but under no circumstances allow it to melt; care in this is necessary, or cakes will be heavy; spices should be ground, currants stemmed, washed, dried and then examined, that no stones or grit remain. Raisins, currants and all fruit must be thoroughly dry before adding to other ingredients, or cakes are liable to be heavy. One of the secrets in making a good cake, is in putting it together. With years of experience I have found that the following rule is by far the most reliable.

An unailing rule in putting cake together is the following: Always stir the butter and sugar to a cream, then add the beaten yolks, then the milk, the flavoring, then the beaten whites, and lastly the flour. If fruit is to be used, measure and dredge with a little sifted flour, stir in gradually and thoroughly.

Pour in well buttered cake pans. Care should be taken that little or no cold air enters the oven while the cake is baking; occasionally however, it is necessary to see that the cake is baking properly. The oven should be an even, moderate heat, not too cold or too hot; much depends on this for success. In order to test the heat throw a teaspoonful of flour in the bottom of the oven; if the flour takes fire, the temperature is too high and the oven must be allowed to cool a little. When the oven is of the proper temperature, the flour will slightly brown after standing a few seconds.

If the cake should bake too fast or seem inclined to brown too rapidly lay carefully, so that it does not touch the cake, a thick brown paper or a sheet of writing paper well buttered, over the top. A thick brown paper may also be folded and placed under the tin to prevent the bottom and sides of the cake from burning. Another good way to test the heat of the oven is to put a teaspoonful or so of the batter in a patty tin or on a greased paper. If it bakes evenly without burning around the sides, it is safe to put the whole cake in. This is also a good way to test the cake. If too solid, add a few teaspoonfuls of milk. If too soft it will fall in the middle, add a tablespoonful or a little over of flour. The following are a few simple suggestions which, if adhered to, will materially aid one in becoming a successful cake maker.

1. Only best butter should be used, and if too salty it should be rinsed two or three times with clear water and the salt worked out.

2. Old or packed eggs are to be avoided as much as poor butter. Good eggs and good butter are most essential.

Break the eggs in a dish separately, that by mistake a poor one may not spoil the whole lot.

Yolks of eggs, when not used in the cake, may be utilized in various ways.

3. Sugar is to be used as follows: Powdered or pulverized sugar for Delicate Cake, Angel's Food, White Sponge Cake, etc. Coffee sugar for layer cakes, White Fruit Cake, Pound Cake and other rich cakes. Coffee Cake, Fruit Cake, and other dark cakes require brown sugar. Granulated should never be used if possible to avoid it, as it does not dissolve well, and either goes to the bottom or rises to the top.

4. When a recipe calls for a teaspoonful of baking powder, you can always use in its place 1 teaspoonful of cream of tartar, and a half-teaspoonful of soda. Sift the cream of tartar in the flour; dissolve the soda in a tablespoonful of boiling water, and add it to the cake before the whites of the eggs.

5. When sour milk is called for in the recipe, use only soda. Cakes made with molasses burn much more easily than those made with sugar.

6. To 1 quart of flour use 1 teaspoonful of soda and 2 teaspoonfuls of cream tartar; or to 1 quart of flour two and one-half teaspoonfuls of baking powder.

One cup of flour means a level cupful of unsifted flour.

7. Never stir cake after the butter and sugar are creamed, but beat it down from the bottom, up, and over; this laps air into the cake batter, and produces little air cells, which causes the dough to puff and swell when it comes in contact with the heat while cooking.

8. When making cakes, especially sponge cake, the flour should be added by degrees, stirred very slowly and lightly, for if stirred hard and fast it will make it porous and tough.

9. Cake batter should be beaten with a wooden spoon. A very large quantity is better beaten with the hand, especially in the winter.

Measure the flour after sifting, unless the recipe says otherwise.

10. A loaf cake baked in a tube pan bakes more evenly. If you are where you cannot secure a tube pan you can improvise one by greasing a baking powder can and placing in the center.



11. If a cake pan is too shallow for holding the quantity of cake to be baked, for fear of its being so light as to rise above the pan, that can be remedied by thoroughly greasing a piece of thick letter paper with butter. Fit it around the sides of the buttered tin, allowing it to reach an inch or more above the top. If the oven heat is moderate, the butter will preserve the paper from burning.

12. Lard is better to grease cake pans, for the salt in butter causes the cake to stick. After rubbing the pans with lard, sprinkle with flour, shaking off the surplus.

13. Cake tins should be warmed gently before putting in the butter,

14. Shake and jar a tin with the cake batter in before putting in the oven. This expels the air bubbles, and renders it less liable to fall. It is always advisable to line your cake pans with buttered paper. Cakes in which molasses is used, require a thicker paper or a double lining. In baking layer cakes, grease the pan first and then dust with flour as for pies.

15. Never move a cake in the oven until the center is thoroughly set.

Do not put anything in the oven while a cake is baking, or it will surely fall.

Use judgment about the thickness of the batter, as flour differs in thickening qualities. When the cake rises in the center, and cracks open, and remains that way, you may be sure you have used too much flour.

16. To ascertain when the cake is done, run a broom straw into the middle of it; if it comes out clean, and smooth the cake will do to take out.

17. Wine, where given in any recipe, may be substituted with sour milk, or may have a wine glass of rose water, the juice of a lemon, an extra yolk of an egg, or a few more spices substituted.

18. Cakes should be kept in tight cake cans, or earthen jars, in a cool, dry place.

19. Cookies, jumbles, ginger snaps, etc., require a quick oven; if they become moist or soft by keeping, put again into the oven a few minutes.

20. To remove a cake from a tin after it is baked, so that it will

not crack, break or fall, first butter the tin well all around the sides and bottom, and line the tin with paper, as before mentioned. When the cake is baked, let remain in the tin until it is cold; then set it in the oven a minute, or just long enough to warm the tin through. Remove it from the oven; turn it upside down on your hand, tap the edge of the tin on the table and it will slip out with ease, leaving it whole.

Less shortening and more flour than the recipes call for must be used in the mountains. To boil or steam more time must be allowed, as water boils at a lower temperature. In fact, in very high altitudes food cannot be cooked at all, either by steaming or boiling.

### *Frosting and Icing.*

In making icing, use only the soundest of eggs. Have the eggs cold and your bowl or platter cold in which the whites are beaten. In making icing, use the proportion of the white of 1 egg, 1 small cup of powdered sugar. Break the eggs, beat a little, then throw a small handful of sugar on them; beat again, then add sugar until it is all used up. This gives a smooth, tender frosting, and one that will dry quick.

Frosting put on the layers while warm will be sure to adhere. Use a broad knife dipped in cold water to spread the icing.

Cover the top of the cake with two coats, set the first dry or nearly so, then add the second. If the frosting gets too dry or stiff before the last coat is needed, it can be thinned with a little water to make it work smoothly.

One teaspoonful of lemon juice added to the icing gives it a good flavor, and will prevent its crumbling.

Set the cake in a cool oven with the door open, to dry, or in a draught in an open window.

The flavors mostly in favor are vanilla, lemon, almond, raspberry, strawberry, chocolate and orange. If you wish to ornament with figures or flowers, make up rather more icing, keep about one-third out until that on the cake is dried.

what you keep out to ornament with may be tinted blue with indigo, pink with strawberry, yellow with the grated rind of an orange strained through a cloth, brown with chocolate, and purple with strawberry and indigo. Currant and cranberry juices also color a delicate pink.

### *Quick Frosting.*

Beat the white of 1 egg to a stiff frosting, and to this add slowly pulverized sugar until it is as thick as it can be. Spread on the cake with a knife dipped in water. You can double this recipe if necessary.

### *Boiled Frosting.*

Boil 1 cup granulated sugar with one-quarter cup water, till it threads from the spoon. Beat white of 1 egg to stiff froth. Remove syrup from stove, allow it to cool a little, then add the froth, and stir constantly till well mixed. Flavor to suit the taste—vanilla, lemon juice or rose water. Fruit can also be added; 1 cup of seedless raisins chopped and stirred in is most excellent. This frosting must be used at once.

### *Frosting without Eggs, Boiled.*

An excellent frosting may be made without eggs which will keep longer, and cut more easily, causing no breaking or crumbling, and is very economical.

Take 1 cup granulated sugar and one-fourth of a cup of water, place on the fire, let boil without stirring until it threads from a spoon; remove from the fire and add flavoring. Spread on the cake at once. It is soft and has the appearance of icing.

### *Caramel Icing.*

Take half pound brown sugar, scant quarter cup of chocolate, half cup milk, butter size of an egg, 2 teaspoons vanilla; mix thoroughly and cook as syrup until stiff enough to spread.

### *Eggless Frosting, Quick.*

One cup of powdered or confectioners' sugar, moistened with as little cold water as can be used to make a smooth paste of the right consistency for spreading.

### *Sugar Icing.*

Beat the whites of 2 small eggs to a high froth; then add to them quarter of a pound of white sugar, ground fine like flour; flavor with lemon extract, or vanilla; beat it until it is light and very white, but not quite so stiff as kiss mixture; the longer it is beaten the more firm it will become. No more sugar must be added to make it so. Beat the frosting until it may be spread smoothly on the cake. This quantity

will ice quite a large cake over the top and sides. For ornamenting the cake, the icing may be tinged any color preferred. For pink, use a few drops of strawberry preserves; for yellow a pinch of saffron, dissolved; for green, the juice of some chopped spinach. Whichever is chosen, let the coloring be first mixed with a little colorless spirit, and then stirred into the white icing until the tint is deep enough.

### *Almond Icing.*

Whites of 3 eggs, whipped to a standing froth, three-quarters pound of powdered sugar, one-half pound of sweet almonds, blanched by pouring over boiling water and removing the skin, then pounded in a mortar to a paste. When beaten fine and smooth, work gradually into the icing; flavor with lemon juice and rose water. This frosting is delicious. Dry in the open air.

### *Tutti Frutti Frosting.*

Prepare in the same manner as almond icing, adding instead of the pounded almonds 1 ounce of almonds chopped, one-half cup of seedless raisins and citron sliced thin. Particularly nice for sponge, delicate or white cake. Delicious, used as filling for some nice layer cake.

### *Whipped Cream.*

Churns to whip cream cost but little, and are very useful. By placing this in a bowl of cream you can bring the cream to a strong froth in five minutes. Very rich or very poor cream will not whip well; when too rich, it turns to butter; when too poor, it will not froth. If you have thick, rich cream, add a little milk. Cream should always be cold; in fact, it should come right off the ice. Dover egg beater can be used if one does not have a regular cream whipper.

### *To Make Icing for all Occasions.*

Beat the whites of two small eggs to a high froth; then add to them quarter of a pound of white sugar, ground fine like flour; flavor with lemon extract, or vanilla; beat it until it is light and very white, but not quite so stiff as kiss mixture; the longer it is beaten the more firm it will become. No more sugar must be added to make it so. Beat the frosting until it may be spread smoothly on the cake. This quantity will ice quite a large cake over the top and sides.

*Gelatine Frosting without Eggs.*

Dissolve 1 teaspoonful of gelatine in 6 teaspoonfuls of boiling water. Strain and stir in 1 cup of powdered sugar. Flavor to suit.

*Maple Syrup Frosting.*

Beaten to a froth; over this pour 1 cup of syrup.

late grated, two-thirds cup of sugar, one l it threads from a spoon. Spread at once easant flavor is desired use but little choco-

ig.

ar boiled in 1 cup of water until it threads, til creamy, then stir chocolate in.

## DAF CAKES.

r, beaten to a cream; 3 pounds of sugar, 1 the hand until light; one-half pint of rose- and 4 pounds of flour sifted with one-half aspoonful of cream tartar; one-half pound s; 2 nutmegs, grated; one-fourth ounce of ce; one-half ounce of cinnamon; 3 pounds hopped; 2 pounds of currants; 1 pound of ruit with flour and add last of all. This our medium sized loaves of cake. Bake e will serve fifty or more persons.

Beat 1 pound of butter to a cream with a tablespoonful of rose water; then add 1 pound of fine white sugar, 10 eggs, beaten very light, and a pound and a quarter of sifted flour; beat the cake well together; then add one-half pound of shelled almonds, blanched, and beaten to a paste; butter tin round basins, line them with white paper; bake one hour in a quick oven.





*Gelatine Frosting without Eggs.*

Dissolve 1 teaspoonful of gelatine in 6 teaspoonfuls of boiling water. Strain and stir in 1 cup of powdered sugar. Flavor to suit.

*Maple Syrup Frosting.*

One white of an egg beaten to a froth; over this pour 1 cup of thick maple syrup, stir briskly.

*Chocolate Icing.*

One-half cake of chocolate grated, two-thirds cup of sugar, one-half cup of milk; boiled until it threads from a spoon. Spread at once upon the cake. If only a pleasant flavor is desired use but little chocolate.

*Chocolate Cream Frosting.*

One cup granulated sugar boiled in 1 cup of water until it threads. Let cool slightly and beat until creamy, then stir chocolate in.

## LOAF CAKES.

*Wedding Fruit Cake.*

Three pounds of butter, beaten to a cream; 3 pounds of sugar, added to this and beaten with the hand until light; one-half pint of rose-water; 24 eggs well beaten, and 4 pounds of flour sifted with one-half teaspoonful of soda and 1 teaspoonful of cream tartar; one-half pound of blanched chopped almonds; 2 nutmegs, grated; one-fourth ounce of cloves; one-half ounce of mace; one-half ounce of cinnamon; 3 pounds of raisins; 1 pound of figs, chopped; 2 pounds of currants; 1 pound of citron, sliced. Dredge the fruit with flour and add last of all. This recipe will make three or four medium sized loaves of cake. Bake slowly four hours. This cake will serve fifty or more persons.

*Empress Cake.*

Beat 1 pound of butter to a cream with a tablespoonful of rose water; then add 1 pound of fine white sugar, 10 eggs, beaten very light, and a pound and a quarter of sifted flour; beat the cake well together; then add one-half pound of shelled almonds, blanched, and beaten to a paste; butter tin round basins, line them with white paper; bake one hour in a quick oven.

### *White Fruit Cake.*

One pound sugar, 1 of flour, half pound butter, whites of 12 eggs, 2 teaspoonfuls baking powder sifted thoroughly with the flour; 1 pound each of seeded raisins, figs, and blanched almonds, and one-quarter of a pound of citron, all chopped fine. Mix all thoroughly before adding the fruit; add a teaspoonful of lemon extract. Sift baking powder in the flour, then sift again before adding it to the other ingredients. Sift a little flour over the fruit before stirring it in. Bake slowly two hours. A cup of grated cocoanut is a nice addition to this cake.

### *Fruit Cake (Superior.)*

One and one-half pounds of butter, 1 pound of white sugar, three-fourths pound of brown sugar, 20 eggs well beaten, 4 pounds raisins seeded and chopped, English currants, thoroughly cleaned, 5 pounds, citron shaved fine 2 pounds, sifted flour 2 pounds, 2 nutmegs, and an equal quantity of mace, 1 gill of brandy. Cut the butter in pieces and put it where it will soften; then stir it to a cream, add the sugar and work till white; next beat the yolks of the eggs and add them to the sugar and butter; have the whites beaten to a stiff froth and add them to the mixture, then the spices and flour, and last of all the fruit except the citron, which is to be put in in about three layers, one an inch from the bottom, one an inch from the top, and one between; smooth the top of the cake. Bake slowly three or four hours; do not let it scorch. It is a good plan to line your bake tin with clean writing paper, then grease again and fill. This prevents its scorching.

### *Plain Cream Fruit Cake.*

Two cupfuls brown sugar, 1 cupful sour cream (thick), three-quarters cupful currants, 1 teaspoonful soda dissolved in the cream, 3 cupfuls flour, three-quarters cupful raisins, 1 egg.

### *Imperial Cake.*

One pound of flour, one-half pound of butter, three-quarters of a pound of sugar, 4 eggs, one-half pound of currants, well washed and dredged, one-half teaspoonful of soda dissolved in hot water, one-half

lemon, grated rind and juice, 1 teaspoonful of cinnamon. Drop from a spoon upon well buttered paper, lining a baking-pan. Bake immediately in hot oven.

### *Plum Cake.*

Make a cake of 2 cups of butter, 2 cups of molasses, 1 cup of sweet milk, 2 eggs well beaten, 1 teaspoonful of powdered saleratus, dissolved with a little hot water, 1 teaspoonful of ground mace or nutmeg, 1 teaspoonful of ground allspice, a tablespoonful of cinnamon, and a gill of brandy; stir in flour to make a batter as stiff as may be stirred easily with a spoon; beat it well until it is light, then add 2 pounds of raisins, stoned and cut in two, 2 pounds of currants, picked, washed and dried, and one-half pound of citron, cut in slips. Bake in a quick oven. This is a fine, rich cake, easily made, and not expensive. If kept in a cool tight place, a tin cake box is the best, this cake will keep a long time before getting stale.

### *Raised Fruit Cake.*

Two cups bread sponge, three-quarters cupful butter, 1 cupful molasses, 1 teaspoonful each of cinnamon and allspice, 2 eggs, half cupful sugar, half teaspoonful soda, half teaspoonful cloves, 1 cupful of chopped fruit, raisins, or raisins and currants, stewed in molasses. Add flour to make stiff.

### *Fine Fruit Cake.*

Stir to a cream 1 pound each of brown sugar and butter, and the whites and yolks of 10 eggs beaten to a froth separately, 2 wine glasses of brandy, 1 of wine; mix or sift thoroughly 1 pound of flour with 2 teaspoonfuls of baking powder, and when ready for baking add 2 pounds of seeded raisins, 2 of currants, 1 of citron, one-fourth of a pound almonds blanched, 1 teaspoonful each of mace and cinnamon.

### *Coffee Fruit Cake.*

One cup of butter, 1 cup of brown sugar, 2 pounds of raisins, one-quarter pound of citron, 1 large teaspoonful of cloves, 1 large teaspoonful of allspice, 1 egg, half pint of warm black coffee, 1 cup of molasses, 3 cups of flour, three-quarters pound of currants, 3 large teaspoonfuls of cinnamon, 1 large teaspoonful of grated nutmeg, 1 teaspoonful of baking soda. Prepare and make the same as fruit cake, No. 1.

*Washington Fruit Cake.*

Two cupfuls of butter, 3 cupfuls of very brown sugar, 4 cupfuls of browned flour, 5 eggs well beaten, 1 cupful of sweet milk, 1 teaspoonful of soda, 2 teaspoonfuls cream tartar. Mix as usual, and stir in at the last, half pound currants, washed and dried, half pound raisins, seeded, 1 pound of dates, seeded and chopped, 1 teaspoonful of ground cinnamon, 1 of nutmeg. Bake slowly and steadily until done. If any of the fruit is omitted, add a little more flour.

*Molasses Fruit Cake.*

One cup of New Orleans molasses; 2 tablespoonfuls of butter, melted; 1 cup of boiling water; 1 teaspoon of soda or saleratus; 3 cups of flour; 1 tablespoonful of ginger; 1 teaspoonful of cinnamon and 1 of cloves. Dissolve the soda or saleratus in a tablespoonful of boiling water, and add it to the molasses, then add the melted butter, boiling water, ginger, flour, 1 cup of raisins and 1 cup of currants and add. Lastly, add the flour. Beat until smooth, and bake in a moderate oven about thirty minutes.

*Fruit Cake.*

Ten eggs, 1 pound of sugar, 1 pound of butter, one and one-half pounds of currants, one and one-half pounds of raisins, three-quarters pound of citron, 1 pound of flour, 1 nutmeg, 1 teaspoonful of allspice, half teaspoonful of cloves, 1 teaspoonful of cinnamon, half teaspoonful of mace, juice and rind of 1 orange, juice and rind of 1 lemon. Beat the eggs all together until very light. Beat the butter to a cream, add the sugar, beat again; add the eggs, then the flour and spices, and give the whole a good, vigorous beating. Stem and seed the raisins; clean, wash and dry the currants; cut the citron into shreds, mix the fruit, and flour it well, then add it to the cake; add the juice and rind of the orange and the lemon; stir all well together. Line 2 round cake pans with greased paper, pour in the mixture, and bake in a very moderate oven four hours. This will make two four-pound cakes. If you use liquor, add, before the fruit, 1 gill of brandy.

*Rich Bride Cake.*

Take 4 pounds of sifted flour, 4 pounds of sweet, fresh butter, beaten to a cream, and 2 pounds of white, powdered sugar; take 6 eggs



for each pound of flour, an ounce of ground mace or nutmegs, and a tablespoonful of lemon extract or orange-flower water. This must be well beaten to be a complete success.

### *Sponge Cake.*

One cupful of sugar, 1 cupful of flour sifted with 1 teaspoonful baking powder, 3 eggs, the whites and yolks beaten separately, the sugar and yolks beaten together. Add the flour, then the whites beaten to a froth. Last of all, 2 tablespoonfuls of cold water. Flavor to suit the taste, and add a pinch of salt.

### *Ice-Cream Cake.*

Make good sponge cake, bake half an inch thick in jelly-pans, and let them get perfectly cold; beat a pint thickest sweet cream until it looks like ice-cream, sweeten and flavor with vanilla; chop a pound blanched almonds, stir into cream, and put between each layer.

### *Sponge Cake. (Excellent.)*

Six eggs, weight of the eggs in sugar, half the weight of the eggs in flour, juice and rind of 1 lemon. After weighing the sugar and flour, separate the eggs. Beat the yolks and sugar together until very light. Now add the juice and rind of the lemon, and half the flour. Beat the whites to a very stiff froth, add half of them to the cake, then the remaining half of the flour, and then the remaining half of the whites; stir lightly, and pour into a greased cake pan. Bake in a quick oven forty-five minutes.

### *Old-Fashioned Sponge Cake.*

One pound sugar, one of flour, ten eggs. Stir yolks of eggs and sugar until perfectly light; beat whites of eggs and add them with the flour after beating together lightly; flavor with lemon. Three teaspoons baking powder in the flour will add to its lightness, but it never fails without. Bake in a moderate oven, in shallow bread pans. Too much flour spoils it.

### *Velvet Sponge Cake.*

Two eggs beaten light, beat in 1 cupful of granulated or powdered sugar, one-half cupful of sifted flour, next one-half cupful of flour sifted with 1 teaspoonful of baking powder, and lastly, one-half (scant) cupful

of boiling water very gradually. Have the tin buttered. Fill and bake immediately in a well heated oven. The batter will seem very thin, but the cake is excellent. By the use of 1 more egg any layer cake may be made better than with butter. For this save two of the whites out for frosting, using the other egg and the two yolks for the cake. Bake in layer cake tins. Whip the whites stiff, and stir in sugar. Spread between each layer and over the top.

For cocoanut cake sprinkle cocoanut over the frosting between the layers and thickly over the top layer. For chocolate, grate one-half teaspoonful of Baker's chocolate and stir in the frosting and use as before.

### *Milk Sponge Cake.*

Two eggs, 1 cupful of sugar, 1 cupful of sweet milk, 2 even teaspoonfuls of baking powder, 2 cupfuls of flour, a pinch of salt, 1 teaspoonful of lemon or vanilla extract, add a spoonful of butter if desired. Beat the eggs two minutes, then the eggs and sugar five minutes, and add the other ingredients.

### *White Sponge Cake.*

Whites of 6 eggs, 1 cup flour, 1 cup sugar, 1 teaspoonful baking powder; juice and rind of 1 lemon. Bake in a quick oven forty-five minutes.

### *To Make Small Sponge Cakes.*

The weight of five eggs in flour, the weight of eight in pounded loaf sugar; flavor to taste. Let the flour be perfectly dry, and the sugar well pounded and sifted. Separate the whites from the yolks of the eggs, and beat the latter up with the sugar; then whisk the whites until they become rather stiff, and mix them with the yolks, but do not stir them more than is just necessary to mingle the ingredients well together. Dredge in the flour by degrees, add the flavoring; butter the tins well, pour in the batter, sift a little sugar over the cakes, and bake them in rather a quick oven, but do not allow them to take too much color, as they should be rather pale. Remove them from the tins before they get cold, and turn them on their faces, where let them remain until quite cold, when store them away in a closed tin canister or wide-mouthed glass bottle.

without them, sweet almonds have little or no taste, though they add to the richness of the cake.

Use 2 heaping teaspoonfuls of baking powder in the flour.

### *Angel Food.*

Whites of 11 eggs, 1 teaspoonful of flavoring, one and one-half cups of granulated sugar, 1 cup of sifted flour, 1 teaspoonful of cream of tartar. Put the cream of tartar into the sifted flour, and sift it five times. Sift the sugar. Beat the whites of the eggs to a very stiff froth, add the sugar, and mix carefully; then add the flour gradually, stirring all the while, and last, the flavoring. Turn quickly into an ungreased pan, and bake in a moderate oven (say 260° Fahr.) for forty-five minutes. Take from the oven, turn the pan upside down on a rest, and let it stand until the cake falls out.

It is best to bake this in a Turk's head. You can then rest it on the tube.

### *Cocoanut Pound Cake.*

Beat half a pound of butter to a cream; add gradually a pound of sifted flour, one pound of powdered sugar, two teaspoonfuls baking powder, a pinch of salt, a teaspoonful of grated lemon-peel, quarter of a pound of prepared cocoanut, four well-beaten eggs, and a cupful of milk; mix thoroughly; butter the tins and line them with buttered paper; pour the mixture in to the depth of an inch and a half, and bake in a good oven. When baked take out, spread icing over them, and return the cake to the oven a moment to dry the icing. When cold, cut in small squares or diamonds; this is a rich cake and is much improved by a thin icing. Should be made with fine white sugar.

This is the best recipe found, after trying several. A perfection cake.

### *Raisin Cake.*

One cup butter, 2 cups sugar, 1 cup molasses, 1 cup sweet milk, one and one-half cups raisins, 6 cups flour after sifting, 3 eggs, one-half teaspoon soda, 1 teaspoon cream of tartar, spice to suit taste.

### *Birthday Cake.*

One pound and a half of fine sugar, one pound and a half of butter, three pounds and a half of currants, 2 pounds of flour, one-half pound

candied peel, one-half pound almonds, 2 ounces spices, the grated rind of 3 lemons 18 eggs, 1 gill of brandy. Bake three hours.

### *Cream Spice Cake.*

Two cups brown sugar, 2 cups flour, one-half cup butter, 1 cup sour cream, yolks of 5 eggs, or 3 whole ones, 1 teaspoonful soda, 2 teaspoonfuls cloves, 2 teaspoonfuls cinnamon, 3 teaspoonfuls allspice. A little ginger and nutmeg. If cream is too rich add a little sweet milk.

### *Pork Cake.*

One pound fat salt pork chopped fine; pour over this 1 pint boiling coffee, dissolve 1 tablespoonful soda and mix with 1 coffee cup molasses, add 2 cups brown sugar, 1 teaspoon each of cinnamon, cloves, allspice, black pepper and ginger, half ounce mace, and flour to make as stiff as you can stir it; add 1 pound each of raisins and currants. Bake two hours.

### *Bride's Cake.*

Cream together 1 scant cup of butter and 3 cups of sugar, add 1 cup of milk, then the beaten whites of 12 eggs; sift 3 teaspoonfuls of baking powder into 1 cup of corn starch mixed with 3 cups of sifted flour, and beat in gradually with the rest; flavor to taste. Beat all thoroughly, then put in buttered tins lined with letter paper well buttered; bake slowly in a moderate oven. A beautiful white cake. Ice the top. Double the recipe if more is required.

### *Fig Cake.*

*Silver Part.*—Two cups of sugar, two-thirds cup butter, not quite two-thirds cup sweet milk, whites of 8 eggs, 3 heaping teaspoons baking powder, thoroughly sifted, with 3 cups flour; stir sugar and butter to a cream, add milk and flour, and last whites of eggs.

*Gold Part.*—One cup sugar, three-fourths cup butter, half cup sweet milk, one and a half teaspoons baking powder sifted in a little more than one and a half cups flour, yolks of 7 eggs thoroughly beaten, and 1 whole egg, 1 teaspoon allspice, and cinnamon until you can taste it; bake the white in two long pie-tins. Put half the gold in a pie-tin, and lay on 1 pound halved figs (previously sifted over with flour), put on the rest of the gold, and bake. Alternate the layers with frosting while warm.

### *White Lady Cake.*

Beat the whites of 8 eggs to a high froth, add gradually a pound of white sugar finely ground, beat quarter of a pound of butter to a cream, add a teacup of sweet milk with a small teaspoonful of powdered volatile salts or saleratus dissolved in it; put the eggs to butter and milk, add as much sifted wheat flour as will make it as thick as pound cake mixture, and a teaspoonful of orange-flower water or lemon extract, then add a quarter of a pound of shelled almonds, blanched and beaten to a paste with a little white of egg; beat the whole together until light and white; line a square tin pan with buttered paper, put in the mixture an inch deep, and bake half an hour in a quick oven. When done take it from the pan; when cold take the paper off, turn it upside down on the bottom of the pan and ice the side which was down; when the icing is nearly hard, mark it in slices the width of a finger, and two inches and a half long.

### *Delicate Cake.*

One cup butter, 2 cups sugar, 1 cup sweet milk, whites of 5 eggs, 3 teaspoons baking powder. Beat thoroughly together, add whites last; flavor with bitter almond or vanilla.

### *Marble Cake.*

*White Part.*—Whites of 7 eggs, 3 cups white sugar, 1 of butter, 1 of sour milk, 4 of flour sifted and heaping, 1 teaspoon soda; flavor to taste.

*Dark Part.*—Yolks of 7 eggs, 3 cups brown sugar, 1 of butter, 1 of sour milk, 4 of flour, sifted and heaping, 1 tablespoon each of cinnamon, allspice and cloves, 1 teaspoon soda; put in pans a spoonful of white part and then a spoonful of dark, and so on. Bake an hour and a quarter. The white and dark parts are alternated.

### *Rice Cake.*

One cupful of butter, 2 of sugar, two and one-fourth of rice flour, 6 eggs, the juice and rind of a lemon. Beat the butter to a cream; then gradually beat in the sugar, and add the lemon. Beat the yolks and whites separately, and add them to the beaten sugar and butter. Add also the rice flour. Pour into a shallow pan, to the depth of about two inches. Bake from thirty-five to forty-five minutes in a moderate oven.



*Cream Cake.*

Two eggs, 1 cup of sugar, 1 cup of cream, 2 cups of flour, 1 teaspoonful of cream of tartar, and 1 teaspoonful of soda.

*Watermelon Cake.*

Take one-half cup of white sugar, whites of 4 fresh eggs, half a cup of sour milk, half a cup of butter, 2 cups of flour; cream the butter and sugar, then add the milk with not quite a half teaspoonful of soda; stir in the flour, then a little egg, and so on, till all the ingredients are added. The eggs must be beaten till very light. This completes half the recipe. Then take one and one-half cups of sugar, one-half cup of butter, one-half cup of sour milk, not quite half a teaspoonful of soda, and 2 cups of flour; flavor the pink with strawberry juice. Seed a quarter of a pound of raisins; rub them well in flour. After both kinds are ready, spread first a layer of white and then of red. Draw a knife through zigzag and bake.

*Snow Cake (Excellent).*

One pound of arrowroot, one-half pound of powdered white sugar, half a pound of butter, the whites of 6 eggs, flavoring to taste of essence of almonds or vanilla, or lemon; beat the butter to a cream; stir in the sugar and arrowroot gradually, at the same time beating the mixture; whisk the whites of the eggs to a stiff froth; add them to the other ingredients, and beat well for twenty minutes; put in whichever of the above flavorings may be preferred; pour the cake into a buttered mould or tin, and bake it in a moderate oven from one to one and a half hours.

*Cider Cake.*

One cup of sugar, half cup of butter, 1 egg, well-beaten, 1 large cup of cider, 1 teaspoonful of soda, flour sufficient to make it thick as pound cake. One cup of raisins can be added if desired.

If stirred in same manner as a nice cake, will be delicious.

*Nelly's Chocolate Cake.*

One cup butter, 2 of sugar, 5 eggs, leaving out two of the whites, 1 scant cup of milk, 2 full teaspoons of baking powder; mix well in 3 cups flour; bake in two long, shallow tins. Dressing: Beat the whites of 2 eggs to a stiff froth, add a scant cup and a half of sugar; flavor with vanilla, add 6 tablespoons of grated chocolate; add the dressing when the cake is cold, and cut in diamond slices.

*Gold Cake.*

One and one-half cups of sugar, one and two-thirds cups flour, sifted, 3 eggs, 3 tablespoonfuls butter, 8 tablespoonfuls sweet milk, 1 teaspoonful cream tartar, half teaspoon soda.

*Gold Cake, No. 2.*

One cupful sugar and one-half cupful butter, creamed together, yolks of 6 eggs well beaten, juice and grated rind of 1 lemon, one-half teaspoonful soda and 1 teaspoonful cream tartar sifted with 2 large cupfuls of flour. Add lemon juice and bake. Use yellow frosting. Make gold and silver cake at the same time. Bake in square tins (large). Cut in squares, and serve mixed in the cake baskets for the sake of contrast.

*Fried Cakes.*

One cup sugar, 2 eggs, half a cup of shortening, 1 teaspoon of soda 1 cup sour milk, cut in rings; have your lard very hot, in which place a peeled potato to keep lard from burning, and drop in your cakes; they will come to the top of lard when light; fry a dark brown; when taken out sprinkle sugar over them.

*Loaf Cake.*

One pound of butter beaten to a cream, two pounds of sugar rolled fine, three pounds of sifted flour, 6 well beaten eggs, 3 teaspoonfuls of saleratus, dissolved in hot water, 1 tablespoonful of ground cinnamon,, and half a nutmeg; add one pound of currants, one pound of raisins stoned; work well together, put them in three buttered basins, and bake one hour.

*Silver Cake.*

One-half cupful butter, 2 cupfuls powdered sugar creamed together, three-fourths cupful milk, or milk and water, 1 teaspoonful lemon or rose, whites of 6 eggs well beaten, 3 heaping cupfuls of flour, one-half teaspoonful of soda and 1 teaspoonful cream tartar. Use white frosting. This makes a good layer cake also, and can be used for a white fruit cake by adding 1 cocoanut grated, one-half pound citron sliced, 1 pound

blanched almonds sliced. Dredge these with flour and stir into the cake batter.

### *Delicate Cake.*

Three cups of flour, 1 of sugar, three-fourths cup of sweet milk, whites of 6 eggs, half a cup of butter, teaspoon cream tartar, half teaspoon of soda. Flavor with lemon.

### *White Perfection Cake.*

Three cups sugar, 1 of butter, 1 of milk, 3 of flour, 1 of corn starch, whites of 12 eggs beaten to a stiff froth, 2 teaspoons cream tartar, in the flour, and 1 of soda in half the milk. Dissolve the corn starch in the rest of the milk, and add it to the sugar and butter well beaten together, then the milk and soda, and the flour and whites of eggs. This cake is rightly named "Perfection."

## LAYER CAKES.

FOR JELLY, CREAM, COCOANUT, CHOCOLATE, ETC.

Layer cake should always cool on a perfectly flat surface, not a plate. One of the jelly cake tins turned upside down will answer.

In baking layer cakes it is important to thoroughly grease the tins—to make it emphatic, we will say thoroughly grease and then grease again—and after using rub off with a coarse towel, taking care that they are perfectly free from all small particles of cake; grease and fill again, thus obviating the necessity of washing every time they are filled.

In cutting cake it is better to first make a round hole in the center, with a knife, or a tin tube, about an inch and a quarter in diameter. This prevents the edge of the cake from crumbling in cutting.

### *Ribbon Cake.*

One-half cup of butter, 2 cups of sugar, 4 eggs, 1 tablespoonful of baking powder, 1 cup of washed currants, 1 cup of milk, 3 cups flour, 1 teaspoonful of vanilla, 1 tablespoonful of cinnamon, one-fourth cup of chopped citron. Beat the butter to a cream; add the sugar and then the yolks, and beat thoroughly. Now add flavoring and milk, then the flour. Beat the whites to a stiff froth, and stir them carefully into the other ingredients; add the baking powder, and stir just enough to mix.

Now take out one-third of the mixture, and add to it the cinnamon, currants, and chopped citron. Grease three sheet pans of the same size, put the fruit mixture into one, and the remaining two-thirds in the other two pans. Bake in a moderate oven for a half hour. When done, take from the pans. Spread one light cake with a layer of soft icing, then place the dark cake on this, and spread it with icing, then place the other light cake on this, cover the whole with a piece of paper, and then with a tin sheet, on which place two light weights. Let stand one hour, and then remove the weights. Always a success.

### *Minnebaba Cake.*

One and one-half cup white sugar, one-half cup butter, 3 eggs, 2 cups flour, 2 teaspoonfuls baking powder, one-half cup sweet milk. Flavor.

*Filling:* One cup granulated sugar and four tablespoonfuls water. Boil till it shreds from the spoon. Add white of 1 egg beaten to a stiff froth, and 1 cup seeded raisins, chopped. Use at once, before it hardens.

### *White Mountain Cake.*

One cup of milk, one cup of butter, three cups of sugar, five cups of flour, six eggs, one teaspoonful of soda and two teaspoonfuls of cream of tartar. Dissolve the soda in the milk; stir the cream of tartar in the flour. Bake in jelly-cake tins. *Filling*—One pound of sugar and the whites of four eggs. Spread each cake with the icing when nearly cold.

### *Romeo and Juliet Cake.*

*Light Part*—One cup of white sugar, whites of six eggs, well beaten; one tablespoonful of butter, one and one-half cups of flour, one heaping teaspoonful of baking powder, four tablespoonfuls of sweet milk.

*Dark Part*—One cup of sugar, one tablespoonful of butter, yolks of six eggs, one cup of flour, four tablespoonfuls of sweet milk, one heaping teaspoonful of baking powder. Bake in separate tins.

The layers being light and dark; then spread a custard between them which is made with 2 eggs, 1 pint of milk, one-half cup of sugar, 1 tablespoonful of flour or corn starch; when cool, flavor with vanilla, 2 teaspoonfuls. Fine.

*Caramel Cake.*

One cup butter, 2 of sugar, a scant cup of milk, 1 and a half cups of flour, cup corn starch, whites of 7 eggs, 3 teaspoons baking powder in the flour; bake in a long pan. Take half a pound brown sugar, scant quarter pound chocolate, half cup of milk, butter size of an egg, two teaspoons vanilla; mix thoroughly and cook as syrup until stiff enough to spread; cut cake in the middle and place dressing between and on top, and set in the oven to dry.

*Layer Cake. (Good.)*

One-half pound butter, 5 eggs, 6 ounces of flour, one-fourth teaspoonful of mace, one-half pound of sugar, 2 ounces of corn starch, 1 teaspoonful of vanilla, 2 tablespoonfuls of sherry. Beat the butter to a cream, add the sugar gradually, beating all the while, then add the yolks of the eggs, then the well beaten whites, then the flour and corn starch; beat well; add the flavorings, mix well. Grease three deep jelly tins, pour in the cake, and bake in a moderately quick oven fifteen minutes. When done, remove carefully from the pans, and stand them on a towel for a few minutes to cool.

*Fruit Layer Cake.*

One cup of sugar, half a cup of butter, one cup and a half of flour, half a cup of jelly water, 1 cup of raisins, 2 eggs, and half a teaspoonful of soda; put these ingredients together with care.

Stir the butter and sugar together, add the yolks, then the whites beaten to a stiff froth, the milk, flour and then the soda, dissolved in little boiling water. Bake in three layers, and put icing between and on top.

*Fig Cake.*

*Silver Part.*—Two cups sugar, two-thirds cup butter, not quite two-thirds cup sweet milk, whites of 8 eggs, 3 heaping teaspoons baking powder thoroughly sifted, with three cups flour; stir sugar and butter to a cream, add milk and flour, and last whites of eggs.

*Gold Part.*—One cup sugar, three-fourths cup butter, half cup sweet milk, one and a half teaspoons baking powder sifted in a little more than one and a half cups flour, yolks of 7 eggs thoroughly beaten, and 1 whole egg, 1 teaspoon allspice, and cinnamon until you can taste



it; bake the white in two long pie tins. Put half the gold in a pie tin, and lay on 1 pound halved figs (previously sifted over with flour), so that they will just touch each other; put on the rest of the gold, and bake. Put the cakes together with frosting while warm, the gold between the white ones, and cover with frosting.

### *Favorite Snow Cake.*

Beat 1 cup butter to a cream, add one and a half cups flour and stir very thoroughly together; then add 1 cup corn starch, and 1 cup sweet milk in which 3 teaspoons baking powder have been dissolved; last, add whites of 8 eggs and 2 cups sugar well beaten together; flavor to taste, bake in sheets, and put together with icing.

### *Neapolitan Cake.*

*Black Part.*—One cup brown sugar, 2 eggs, half cup butter, half cup molasses, half cup strong coffee, two and a half cups flour, 1 of raisins, 1 of currants, a teaspoon each of soda, cinnamon and cloves, and half teaspoon mace.

*White Part.*—Two cups sugar, half cup butter, 1 of milk, 2 and a quarter of flour, 1 of corn starch, whites of 4 eggs, small teaspoon cream tartar; make frosting of whites of 2 eggs to put between the layers.

### *Peach Cake.*

Bake 3 sheets of sponge cake as for jelly cake; cut peaches in thin slices, prepare cream by whipping, sweetening and adding flavor of vanilla if desired, put layers of peaches between the sheets of cake, pour cream over each layer, and over the top. This may also be made with ripe strawberries.

### *Vanity Cake.*

One and a half cups sugar, half cup butter, half cup sweet milk, one and a half cups flour, half cup corn starch, teaspoon baking powder, whites of 6 eggs; bake in two cakes, putting frosting between and on top.

### *Delicious Chocolate Cake.*

The whites of 8 eggs, 2 cups sugar, 1 of butter, 3 full cups flour, 1 of sweet milk, 3 teaspoons baking powder; beat the butter to a cream,

stir in the sugar, and beat until light; add the milk, then the flour and beaten whites. When well beaten, divide into equal parts, and into half grate a cake of sweet chocolate. Bake in layers spread with custard, and alternate the white and dark cakes. For custard for the cake, add a tablespoon of butter to 1 pint of milk, and let it come to a boil; stir in 2 eggs beaten with 1 cup of sugar, add 2 teaspoons of corn starch dissolved in a little milk.

### *Rolled Jelly Cake.*

One cup of sugar and 2 of eggs well beaten together, then add 2 tablespoonfuls of water. Mix one and a half teaspoonfuls of baking powder with one and a half cups of flour; add this to the eggs and sugar. Do not stir much after adding flour. Flavor with a teaspoonful of lemon or vanilla; bake in a dripping pan in a quick oven; when cool, spread on the jelly and roll it. Line the pan with brown paper, moisten paper with cold water and peel it off.

## FILLINGS FOR LAYER CAKES.

In making custard, lemon or orange "filling," place in a kettle or in a tin pail. Set in boiling water to cook, to avoid all danger of burning. If jelly is used to spread between the layers, it is a good plan to beat it smoothly and spread it before the cakes are quite cool.

### *Cream Filling Plain.*

One pint milk, half cupful sugar, half cupful corn starch, 1 teaspoonful butter. Thicken the milk with the corn starch, add the sugar and boil until as thick as corn starch pudding. When almost cool flavor with 1 tablespoonful of lemon or 1 teaspoonful of vanilla extract.

### *Whipped Cream Filling.*

Half cupful sweet cream, or sour, whipped stiff with 2 tablespoonfuls of white sugar. Flavor to suit with a few drops of some favorite essence. Quickly prepared, and delicious. This amount will answer for two layers.

### *Chocolate Filling.*

One cup sugar, half cup grated chocolate, 1 egg, half teaspoon vanilla. Mix well together, without whipping the egg separately.

*Lemon Jelly Filling.*

Two lemons, grated, rind and juice, 1 cupful of sugar, 1 egg, half cupful of water, 1 tablespoonful of butter, 1 tablespoonful of flour mixed with a little water. Cook over boiling water until it thickens. Place between the layers of cake. This cake will keep well, and is better at the end of a week than it is the first day.

*Chocolate Frosting, Eggless.*

One cupful powdered sugar, moistened with just enough cold water to make it into a smooth, creamy paste. Stir in grated chocolate until it is the right color and flavor. Spread between the layers and on top.

*Chocolate Caramel Filling, No. 1.*

Half pound sugar, 1 teaspoonful of butter, 1 teaspoonful of vanilla, 2 squares of chocolate (Baker's), half cupful of water or milk. Stir, setting the dish in boiling water until stiff enough to spread. Set the cake in the oven to dry a short time.

*Orange Filling.*

Half cupful of cream or milk, half cupful of brown sugar, half cupful of molasses, 1 heaping teaspoonful butter. Boil ten minutes and then add 5 tablespoonfuls of grated chocolate. Boil until it thickens suitably to spread. When cold, flavor.

*Fig Filling.*

White of 1 egg beaten to a froth, juice and grated rind of 1 orange, with powdered sugar enough to make a stiff cream. Heat on the stove and spread between and over top. Either orange or lemon juice may be stirred stiff with powdered sugar, and used in the same way. Use perfectly cold, however.

*Cake Trifle.*

Bake a Naples biscuit; cut out the inside about 1 inch from the edge and bottom, leaving the shell. In place of the inside, put a custard, made of the yolks of four eggs, beaten, with a pint of boiling milk, sweetened, and flavored with half a teaspoonful of peach-water; lay on it some jelly, or jam; beat the whites of two eggs, with white ground sugar, until it will stand in a heap; put it on the jelly, and serve.

*Fig Filling.*

Take a pound of figs, chop fine, and put into a stewpan on the stove; pour over them a teacupful of water, and add a half cup of sugar. Cook all together until soft and smooth. When cold, spread between layers of cake.

*Lemon.*

Take coffee sugar, 2 tablespoons butter, 2 eggs, and the juice of 2 lemons; beat all together and boil until the consistence of jelly. For orange cake use oranges instead of lemons.

*Nut Filling.*

One cupful granulated sugar, one-third cupful water. Boil together until stiff, not brittle, when tried in cold water. Beat the 2 whites of the eggs remaining from the cake, to a froth. Turn on the boiling sugar. Beat hard until a cream. Mix 1 large cupful of chopped walnut meats with two-thirds of this cream, and spread between the layers. Spread the one-third remaining over the top and press into it, while moist, whole halves of the walnut meats for ornament. Hickory nuts may be substituted for walnuts.

*Peach-Cream Filling.*

Take nice juicy peaches, cut into thin slices or chop and spread them over and on top of each layer of cake. Prepare cream by whipping and sweetening, and pour over each layer of cake and peaches. Bananas, strawberries or other fruits may be used in the same way. To be eaten while fresh. Is excellent.

*Almond Cream Filling.*

One pound of almonds blanched and pounded to a paste, 1 coffee cupful sweet or sour cream, 2 tablespoonfuls of corn starch scalded in a little sweet milk. Beat together, flavor with a little almond extract. Spread between the layers of cake. This filling is suitable for the most expensive cakes. The top may be frosted with a plain frosting if desired.

*Peach Fruit Filling.*

Take pound for pound of peaches and sugar; cook peaches alone until they become soft, then put in one-half the sugar, and stir for one-

half hour; then the remainder of the sugar, and stir an hour and a half. Season with cloves and cinnamon.

This can be put up in glass jars and used as fancy dictates.

Put it between the layers of cake when the cake is hot. This is delicious.

### *Apple Jelly Cake.*

Half cup butter, 1 cup sugar, half cup sweet milk, 2 cups flour, 2 eggs, 2 teaspoons baking powder. For jelly take 1 pint grated tart apple, 1 lemon, juice and grated rind, 1 cup sugar. Mix together thoroughly, cook, let cool, and put between the layers. Dust the top with sugar. Delicious.

### *Cocoanut Filling.*

Half cupful of thick, sour cream, half cupful of cocoanut, half cupful of white sugar. Stir together and put between the layers on top.

Cocoanut frosting may be made by stirring a quantity of grated fresh cocoanut into common frosting. Spread between layers and on top.

Cocoanut meat should be taken from the shell and dried in a warm place for some hours before grating. After taking out amount desired for present use, seal the remainder in a fruit jar of clear cold water, for future use.

### *Cocoanut Chocolate Filling.*

Make a chocolate frosting, or a chocolate cream filling, and stir a half or two-thirds of a cupful of grated cocoanut into it. Spread between the layers and if desired frost the top, or sprinkle with powdered sugar.

## MISCELLANEOUS CAKE.

Sugar to be sprinkled over cookies is best dusted on the moulding board and the dough rolled over it.

Ingredients for cookies need not be creamed together as carefully as for nice cake. Read hints for cake baking.

If in making gingerbread the dough becomes too stiff before it is rolled out, set it before the fire. Gingerbread and cakes require a moderate oven, snaps and cookies a quick one. Always use New Orleans or



Porto Rico molasses, and never syrups. Soda is used to act on the "spirit" of the molasses.

Always have the board well covered with flour before rolling all kinds of soft gingerbreads, as they are liable to stick, and should always be mixed as soft as they can be handled.

Yolks of eggs, where the whites have been used for other purposes, can be utilized in gingerbread; 2 yolks will equal 1 whole egg. Even where the rule does not call for eggs the addition of 1, 2 or more yolks is always an improvement. The yolks will keep several days in a cool place. Fruit, raisins, etc., is an addition to gingerbread and cookies.

The grated yellow rind and juice of an orange add much to the flavor of ginger cake.

### *Ginger Cakes.*

One quart Orleans molasses, pint lard or butter, pint buttermilk, 2 tablespoons soda, 2 tablespoons ginger, flour enough to make a stiff batter; pour the molasses and milk boiling hot into a large tin bread pan in which have been placed the ginger and soda (the pan must be large enough to prevent running over); stir in all the flour possible, after which stir in the lard or butter; when cold, mould with flour and cut in cakes. Care must be taken to follow these directions implicitly, or the cakes will not be good; remember to add the lard and butter last, and buttermilk, not sour milk, must be used; boil the molasses in a skillet, and after pouring it into the pan, put the buttermilk in the same skillet, boil and pour it over the molasses, ginger and soda. This excellent recipe was kept as a secret for a long time by a professional baker.

### *Soft Gingerbread.*

Three cups of flour, half cup milk, half cup of lard, one and a half cups of New Orleans molasses, 1 teaspoonful of soda, 2 eggs, 1 tablespoonful of ginger. Beat the yolks of the eggs and the lard together; then add the milk, soda and molasses; add the ginger and flour. Beat the whites to a stiff froth, add them carefully. Bake in a moderate oven for three-quarters of an hour.

### *Molasses Ginger Cake, No. 1.*

One cup of New Orleans molasses, 2 tablespoonfuls of butter, melted, 1 cup of boiling water, 1 teaspoonful of soda or saleratus, 3 cups

of flour, 1 tablespoonful of ginger. Dissolve the soda or saleratus in a tablespoonful of boiling water, and add it to the molasses, then add the melted butter, boiling water, ginger and flour. Beat until smooth, and bake in a moderate oven about thirty minutes.

### *Molasses Ginger Cake No. 2.*

Half cup New Orleans molasses, half cup sour cream, butter the size of an egg (2 ounces), half cup brown sugar, 1 egg, 1 teaspoonful of soda or saleratus, 2 cups of flour. Dissolve the soda or saleratus in a tablespoonful of boiling water, and add it to the molasses. Beat the egg and sugar together until light, then add the molasses, cream and flour; beat until smooth; and, if you like, add a tablespoonful of ginger or a teaspoonful of cinnamon. Bake in a shallow pan in a moderate oven for about thirty minutes.

### *Strawberry Shortcake.*

One quart of flour, 1 teaspoonful of salt, 2 quart boxes of strawberries, 2 ounces of butter, 1 quart of cream, 2 teaspoonfuls of baking powder, sugar and milk. Stem the berries, sweeten to taste, and slightly mash them with a wooden spoon. Rub the butter into the flour, then add the salt, baking powder, and sufficient milk to make a soft dough; mix quickly, roll out about one and one-half inches in thickness, put into a greased, large, square baking pan, and bake in a very quick oven for twenty minutes. When done, take from the oven, split in halves and spread each half lightly with butter. Place the lower half on a large meat plate; put half the berries on this, then cover with the other half of the shortcake; cover this with the remaining half of the berries, pour the cream around, and serve immediately. This will serve eight persons.

### *Mrs. Hoover's Cake.*

Two cups sugar, two-thirds scant butter, two-thirds scant sweet milk, whites of 8 eggs, 3 heaping teaspoons baking powder, thoroughly sifted with 3 cups flour. Stir sugar and butter to cream, add milk and flour, and last, white of eggs well beaten; flavor to taste. Bake in layers and bill with the following mixture: One quart of strawberries, mashed a little and sweetened. Spread the fruit between the layers of cake. The top layer of strawberries may be covered with a meringue made with the white of an egg and a tablespoonful of powdered sugar.

Save out the largest berries, and arrange them around in circles on

the top in the white frosting. As the cake is a white one and the berries red, it makes a very fancy cake, and is delicious. To be eaten while fresh. This amount makes two cakes.

### *Huckleberry Cake.*

Beat three-fourths cup of butter and 1 cup of sugar together until light, then add half a cup of milk, 3 eggs beaten separately, the yolks to a cream, and the whites to a stiff froth, 1 teaspoonful of grated nutmeg, the same of cinnamon, and one and a half teaspoonfuls of baking powder in one and a half cups flour; add one-half cup of jam or 1 pint fresh fruit. Pour into buttered pans, about an inch thick; dust the tops with sugar and bake.

### *Pineapple Cake.*

One cup butter, 2 cups sugar, three and one-half cups flour, one-half cup milk, 5 eggs, 1 teaspoonful soda, 2 teaspoonfuls cream of tartar. Bake in jelly tins; grate a pineapple and half a cocoanut, and put between the layers, after baking.

### *Aunt Hettie's Loaf Cake.*

Two cups sugar and 1 of butter, beaten to a cream, 3 eggs, the whites beaten separately, 3 cups flour with 1 teaspoon cream of tartar stirred in, yolks of the eggs stirred well with the sugar and butter; now add 2 cups more flour with 1 teaspoon cream of tartar, 1 cup sweet milk with the whites of the eggs, and then stir again; add 1 nutmeg, 1 pound raisins or currants dredged with flour, 1 teaspoon soda dissolved in 4 tablespoons of water. This makes two nice loaves, and is excellent.

### *Lemon Cheese Cake.*

Two cups sugar, half cup butter, three-quarters cup sweet milk, whites of 6 eggs, 3 cups flour, 3 teaspoons baking powder.

*Sauce for Lemon Cheese Cake.*—Grated rind and juice of 2 lemons, yolks of 3 eggs, half cup butter, 1 cup sugar; mix all together, and set on stove, and cook till thick as sponge, stirring all the time; then use like jelly between the cakes.

### *Blackberry Cake.*

A good way to use up blackberry preserves is to take 2 eggs, 1 cup sugar, one-half cup butter, 1 cup jam, small wine glass of sour milk; tea-

spoon of soda, and flavoring to taste. Stir well. Bake in layers. Put icing between layers.

### *Dominoes.*

Make plain cup cake batter, and pour it into greased shallow pans, to the depth of a half inch. Bake in a moderate oven about ten minutes. When done, turn out on a cloth to cool. When cold, with a sharp knife cut the cake in oblong pieces, the shape of a domino, frost the top and sides with white icing, and stand aside to harden. When the frosting is hard, dip a small camel's hair brush in chocolate icing, and draw lines and make the dots of the domino.

### *Variegated Drop Cakes.*

Two cupfuls of sugar, 1 of butter, 1 of sweet milk, 4 of flour (rather scant), 4 eggs, half a teaspoonful of soda, 1 of cream of tartar. Beat the butter to a cream; Add the sugar gradually, beating all the while; then the flavoring (lemon or nutmeg). Beat the eggs very light. Add them and the milk. Measure the flour after it has been sifted. Return it to the sieve, and mix the soda and cream of tartar with it. Sift this into the bowl of beaten ingredients. Beat quickly and vigorously, to thoroughly mix, and then stop. Divide in three parts; to one part stir in a little strawberry jam; to another stir in a few chopped raisins, currants, a little cinnamon and cloves. Put in gem tins a drop of each kind of the above mixture; bake in a moderate oven and ice. Very nice.

### *Cup Cakes.*

White of 2 eggs, beaten separately, 1 cup sugar, one-half cup of milk or water, 1 rounding tablespoon of butter, 2 teaspoons baking powder, 2 teacups sifted flour (even full). Stir the butter and sugar to a cream, then add the milk, eggs, and lastly the flour. **Flavor.**

## COOKIES AND JUMBLES.

If snaps or cookies become moist in keeping, put them in a quick oven for a few minutes. They also require a quick oven for baking. A nice "finishing touch" can be given them by sprinkling with granulated sugar and rolling over lightly with the rolling pin, then cutting out and pressing a whole raisin in the center of each; or when done a very light brown, brush over while still hot with a soft bit of rag dipped in a

thick syrup of sugar and water, sprinkle with currants and return to the oven a moment. Snaps will not be crisp if made on a rainy day.

### *Fruit Cookies.*

Two pounds of butter, 3 pounds of sugar, 1 pound of fruit, 1 dozen eggs, 1 teaspoonful of ground cinnamon, one-half teaspoonful of soda, a cup of boiling water, 1 lemon, grated; mix butter, sugar, yolks of eggs, lemon, cinnamon and hot water; beat the whites, take three parts, mix also one-half of the almonds, and as much flour as it will hold; roll and brush with the whites of eggs.

### *Cocoanut Cookies.*

One grated cocoanut, 1 cup butter, 2 cups sugar, one-half cup sweet milk, 2 teaspoons baking powder; flour to roll. Desiccated cocoanut may be used.

### *Graham Ginger Cookies.*

One cup of molasses, one cup of sugar, one full cup of shortening, one-fourth cup of water, one tablespoonful of ginger, one teaspoonful of soda and a pinch of salt. Add equal portions of graham and white flour enough to make a dough to roll nicely.

### *Table of Weights and Measures.*

The following table of weights and measures will be found useful:

1 quart of flour	-	-	-	1 pound
2 cupfuls of butter	-	-	-	1 "
1 generous pint of liquid	-	-	-	1 "
2 cups of granulated sugar	-	-	-	1 "
2 heaping cupfuls of powdered sugar	-	-	-	1 "
1 pint of finely-chopped meat	-	-	-	1 "

The cup used is the kitchen cup, holding half a pint.

### *Soft Cream Cookies.*

Three-fourths cup sour cream, 1 cup granulated sugar, 1 egg, one-fourth teaspoon soda, a pinch of salt. Mix very stiff with flour.



*Jelly Kisses.*

Kisses to be served for a dessert at a large dinner, with other suitable confectionery, may be varied in this way: Having made the kisses put them in a moderate oven until the outside is a little hardened; then take one off carefully as before directed; take out the soft inside with the handle of a spoon, and put it back with the mixture, to make more; then lay the shell down. Take another and prepare it likewise; fill the shells with currant jelly, or jam; join two together, cementing them with some of the mixture; so continue until you have enough. Make kisses, cocoanut drops, and such like the day before they are wanted.

*Soft Gingerbread.*

Six cups of flour, 3 of molasses, 1 of cream, 1 of lard or butter, 2 eggs, one teaspoonful of saleratus, and 2 of ginger. This is an excellent recipe.

*Scotch Cakes.*

One pound of flour, three-quarters pound of butter, 1 pound of sugar, 3 eggs, 1 tablespoonful of cinnamon. Mix the flour and butter, and rub well with the hands, then add the sugar, then the eggs well beaten, then the cinnamon. Mix all well together, roll out into a thin sheet, cut with a large round cutter, and bake in a moderate oven until a light brown.

*Ginger Cookies.*

Three cups of New Orleans molasses, one cup of lard, a half cup butter, four teaspoonfuls soda dissolved in ten tablespoonfuls boiling water; one tablespoonful ginger, one teaspoonful ginger

*Ginger Snaps.*

One coffeecup New Orleans molasses, one cup butter, one cup sugar; place them on the stove, and let it come to a boil, then take off immediately, and add a teaspoonful of soda, and a tablespoonful of ginger. Roll them and bake quickly.

*Graham Cookies.*

Two cups of sugar, one cup of sour cream, one-half teaspoonful of soda; flavor with nutmeg. A few currants can be added to advantage,

Mix quickly, roll and bake. These require less heat and more time in baking than when white flour is used.

### *Jackson Snaps.*

One cup of butter, 2 cups of sugar, 1 egg, 5 cups of flour, 1 cup of water, juice and rind of a lemon. Beat the butter to a cream, add the sugar gradually; then add the egg and water; beat again, then add the flour; mix well, roll out, cut with a round cutter, and bake in a moderate oven until a light brown. These, like ginger cakes, will keep a long while if shut in a tin box.

### *Sand Tarts.*

One pound granulated sugar, yolks of 3 eggs, half pound of butter, whites of 2 eggs, flour enough to make a stiff paste. Beat the butter and sugar together; add the yolks beaten to a cream, then the whites well beaten; mix all well together, and add the flour. Roll out on a baking board, cut with a round cutter, and bake in a moderate oven until a light brown.

### *Little Plum Cakes.*

One cup of sugar and a half cup of butter, beaten to a smooth cream; add 3 well beaten eggs, a teaspoonful of vanilla extract, 4 cups of sifted flour, 1 cup of raisins, and 1 of currants, half of a teaspoonful of baking soda, dissolved in a little water, and milk enough to make a stiff batter; drop this batter in drops on well-buttered tins, and bake in a quick oven.

### *Cocoanut Fumbles.*

Two cups of sugar, two of butter, one of milk, four well-beaten eggs and the white meat of a cocoanut grated; use as much sifted wheat as will make a rather stiff batter; beat it well, butter square tin pans, line with white paper, and put in the mixture an inch deep; bake in a moderate oven. When cold cut in small squares or diamonds; this is a rich cake and is much improved by a thin icing.

### *Horns of Plenty.*

Two tablespoonfuls powdered sugar, 1 tablespoonful (heaping) flour, 1 egg. Beat thoroughly with an egg beater until air bubbles rise all through it. Have the pan warmed and buttered. Take a teaspoonful

at a time. Spread out. Bake quickly; five minutes ought to be sufficient. Carefully roll them into horns or cones. They must not dry on the edges, or they will not roll. When cold fill with whipped cream, chocolate filling, or any kind of jelly.

### *Plunkets.*

Four eggs, weight of eggs in powdered sugar, weight of eggs in butter, weight of eggs in rice flour, 1 teaspoonful of vanilla, or juice and rind of 1 lemon. Beat the butter to a cream, then add the sugar gradually, beating all the while; then add the yolks of the eggs, beat again, then add the whites beaten to a stiff froth, then, gradually, the rice flour. Add ¼ teaspoonful of vanilla, or the juice and rind of a lemon. Now beat until fine and light, pour into greased small scalloped tins (patty tins) and bake in a moderate oven about twenty minutes.

### *Fumbles, No. 1.*

Half pound of butter, 9 ounces of flour, 1 teaspoonful of vanilla, half pound of powdered sugar, 2 tablespoonfuls of sherry, 3 eggs. Beat the butter to a cream; add the sugar gradually, beating until very light. Now beat the eggs all together, add to the butter and sugar, add the sherry, the vanilla, and last, the flour, sifted. Beat the whole well. Put the mixture into a pastry bag, and press it through the tube in small round cakes on the bottom of a baking pan lightly greased. If you have no pastry bag, you may drop by spoonfuls. Bake in a moderate oven until the edges are a delicate brown.

### *Fumbles, No. 2.*

Half pound butter, 3 eggs, half nutmeg, grated, half pound of sugar, three-quarters pound of flour, 1 tablespoonful of rose water. Beat the butter and sugar to a cream; add the eggs well beaten, then the rose water and nutmeg, then the flour. Dust the baking board with granulated sugar, instead of flour; roll out the mixture, about an eighth of an inch in thickness, cut with a round cutter; take the centers out with a smaller cutter, thus forming rings. Bake in a moderate oven until a light brown.

### *Lady Fingers.*

Take 8 eggs, whip the whites to a firm snow. In the meantime, have the yolks beaten up with six ounces of powdered sugar. Mix all to-

gether with six ounces of sifted flour; stir well, and add 1 teaspoon lemon extract; squeeze the mixture through funnels of stiff writing paper on sheets of well greased writing paper. Grate white sugar over each; let them lie till the sugar melts, and they shine, then put them in a moderate oven, until they have a fine color; when cool take them from the tins, and lay them together in couples, by the backs. These cakes may be formed with a spoon, on sheets of writing paper. Half this quantity will be trouble enough.

### *Kisses.*

Whites of 6 eggs, 12 ounces of powdered sugar, 1 tablespoonful of vanilla sugar. Beat the whites with a wire egg whip until frothy, then add gradually the sugar, beating continuously until the whites are stiff enough to cut with a knife. Dip a tablespoon into cold water, fill it with the mixture, and drop it on a sheet of buttered paper. Place the paper on baking tins, sift quickly and lightly with powdered sugar, blow off all that will not stick, and put immediately into a quick oven. Watch constantly that they do not burn. When firm to the touch, take them from the oven, remove them carefully from the paper, scoop out the soft portion and return the shells to a very slow oven to dry. These may be filled with whipped cream or ice cream, and two put together. The dry shells will keep some time, and may be filled when ready to use. Or, drop the mixture by small spoonfuls on buttered paper, dust with sugar, blow off all that does not stick, place the paper on baking sheets, put in a quick oven until a light fawn color; then place them in a cool oven for two hours to dry. When dry, carefully remove the kisses from the paper, brush the bottom lightly with the white of egg, stick two together, and put away to dry.

### *Cornucopias.*

Three eggs, 1 cupful flour, 1 cupful sugar, 2 tablespoonfuls cold water. Beat well together. Put 1 tablespoonful of the mixture in buttered tins six inches across, and one inch deep. Bake in a moderate oven. While hot lap the edges together to form a cornucopia and hold in shape until cool. This recipe will make twelve. Fill with the following cream:

*Cream.*—One cupful cream, white of 1 egg beaten, half cupful sugar. Flavor to suit. Beat all to a foam, or use chocolate filling.

*Composition Cake.*

Five cups of flour, two cups of butter, three of sugar, one of milk, five eggs, one teaspoon of soda, two of cream of tartar, fruit as you please, cinnamon, nutmeg and clove to taste.

## CRULLERS AND DOUGHNUTS.

To cook these properly the fat should be of the right heat. When hot enough it will cease to bubble and be perfectly still; try with a bit of the batter, and if the heat is right the dough will rise in a few seconds to the top and occasion a bubbling in the fat; the cake will swell, and the under side quickly become brown. A good suet may be prepared as follows for those who are sensible enough not to like greasy doughnuts, or oppose lard: Use only beef suet, which is quite as cheap, cleanly, and healthy. Buy from the meat markets, speaking beforehand, and securing nice, whole, clean leaves, which cut up in small pieces, put into a dinner pot, which will hold well about ten pounds. Put in a pint of water, and after the first hour stir frequently; it takes about three hours with a good heat to render it. Drain through a coarse towel, and if the suet is good it will require but little squeezing, and leave but little scrap or cracklings. Put to cool in pans or jars, and you have an element into which, when well heated, you can drop the twisted goodies, with the assurance that they will not only be "done brown," but that they will emerge with a flavor and grain that will commend them to the favor of an epicure. Doughnuts thus cooked are more digestible and of better flavor than if cooked in lard, and the most fastidious will not need to peel them before eating. Make the dough as soft as it can be handled; if cut about half an inch thick, five to eight minutes will be time enough to cook, but it is better to break one open as a test. When done, drain well in a skimmer, and place in a colander. The use of eggs prevents the dough from absorbing the fat. Doughnuts should be watched closely while frying, and the fire must be regulated very carefully. When you have finished frying, cut a potato in slices and put in the fat to clarify it, place the kettle away until the fat "settles," strain into an earthen pot kept for this purpose, and set in a cool place. The sediment remaining in the bottom of the kettle may be used for soap grease. Fry in an iron kettle, the common skillet being too shallow for the purpose.



Do not eat doughnuts between April and November. Crullers are better the day after they are made. If lard is not fresh and sweet, slice a raw potato, and fry before putting in the cakes.

### *Crullers, Delicate.*

Take 4 eggs, 4 tablespoonfuls of lard, 4 tablespoonfuls of sugar, a teaspoonful of salt, and half a nutmeg grated, a teaspoonful of lemon extract may be added; work into these as much sifted flour as will make a nice dough, roll it to about an eighth of an inch in thickness, and fry as directed for doughnuts and crullers. Be sure the lard is hot enough.

### *French Crullers.*

Four ounces of flour, half pint of water, 2 ounces of butter, 4 eggs. Cut the butter into small pieces, put it into the water, and stand over a good fire to boil; as soon as it boils, add the flour quickly, and stir over the fire until it sticks together and rolls around in the saucepan like a ball. Then take it from the fire, beat thoroughly, and stand in a warm place (72° Fahr.) for a half hour. Then add 1 egg unbeaten, and beat the mixture until smooth; then add another egg, and beat again, and so continue until you have added the four eggs; then beat the mixture for five minutes, cover, and stand to one side for another half hour. Put 1 pound of lard or clarified dripping into a deep frying pan, stand it on the fire to gradually heat. Put 1 cup of powdered sugar on a dinner plate, add to it 1 teaspoonful of ground cinnamon; mix. Now flour the baking board, put out a tablespoonful of the mixture, and roll very lightly. The mixture will be very soft, but a little practice will enable you to handle it without adding much flour. After rolling the mixture down to a quarter of an inch, cut with a round cutter, then take out a center with a small cutter, lift carefully with a cake turner, and slide into the hot fat. Fry brown on one side, turn and brown on the other. Take out, drain, then roll in the sugar and cinnamon. These are very troublesome to make, but when well done, are most delicious.

Points to be remembered:

1. After adding the last egg, let the beating be rapid and continuous.
2. Have the fat hot, but not smoking hot.
3. Use very little extra flour in rolling out.

*Raised Doughnuts:*

Take 1 pint of bread dough, when you are moulding it for the pans, add to it 2 ounces of lard or butter, which cut and work with a knife into the dough, adding flour to prevent its sticking to the board. When soft and elastic, place it in a bowl, cover, and stand in a warm place until very light. When light, roll out and finish the same as preceding recipe.

*Nut Cakes (Fried).*

One cup of sugar, 2 eggs, half a cup of shortening, 1 teaspoon of soda, 1 cup of sour milk; cut in rings; have your lard very hot, in which place a peeled potato to keep lard from burning, and drop in your cakes; they will come to the top of lard when light; fry a dark brown; when taken out sprinkle sugar over them.

*Puff Ball Doughnuts.*

One cup of sugar, 2 eggs, 2 tablespoons of melted butter, two-thirds cup of milk, flour enough to roll, salt and nutmeg; add 2 heaping teaspoonfuls of baking powder to the flour; beat all until very light. Drop by the dessertspoonful into boiling lard. These will not absorb the fat, and are not rich, consequently are not injurious. Will keep several days. Excellent for breakfast.

*Snow Balls.*

One cupful sugar, 4 tablespoonfuls sweet milk, one-third teaspoonful soda, 2 eggs, spice, three-quarter teaspoonful cream of tartar; flour to roll in balls. Fry in hot lard. Dip in the partly beaten white of an egg, and roll in powdered sugar until perfectly white. Very nice for a children's party.

*Fried Cakes.*

One coffee cup of not too thick sour cream, or one of sour milk and 1 tablespoon of butter, 2 eggs, a little nutmeg and salt, 1 teacup sugar, 1 small teaspoon soda dissolved; mix soft.

*Ginger Nuts.*

One and three-quarter pounds of syrup, one of moist sugar, one of butter, two and three-quarter pounds of flour, one and a half ounces of ground ginger; same of allspice, and flour enough to roll out, but not thin, cut with a wineglass and bake.

*Knickerbocker Cakes.*

Beat half a pound of fresh butter to a cream ; add half a pound of powdered sugar, three-quarters of a pound of sifted flour, a tablespoonful of orange flower water, and 1 of brandy, and 4 ounces of washed currants ; add 5 well beaten eggs, and beat the mixture until very light. Line some shallow cake tins with buttered paper, pour in the mixture until they are half full, and bake in a quick oven.

*Scotch Wafers.*

Take 1 pound of sugar, half a pound of butter, 1 pound of flour, 2 eggs, 2 teaspoonfuls of cinnamon. Roll thin, and bake quickly.

*French Straws.*

Mix well 8 eggs, 10 ounces of sugar, and half a teaspoonful of cinnamon and nutmeg, with flour enough to form a dough ; beat the eggs very thick and add the sugar, spices and flour ; knead well, and roll to about half an inch thick ; cut in strips, give each a twist, and boil them in plenty of lard to a rich yellow ; sift sugar on when cool.



DAINTY BREAKFAST DISHES,  
TOASTS AND MUSHES.*Buttered Toast.*

Although toast is commonly used, few know how to prepare it nicely. Take bread not too fresh, cut thin and evenly, trim off the crust edges for the crumb jar; first warm each side of the bread, then present the first side again to the fire until it takes on a rich, even, brown color; treat the other side in the same way; butter, and serve immediately. The coals should be bright and hot. Toast properly made is very digestible, because all the moisture is extracted, and the bread has become pure farina of wheat; but when it is exposed to a hot fire and the outside charred, the inside remains as moist as ever, and butter applied to it while warm does not penetrate, but floats on the

surface in the form of rancid oil. Or, beat 1 cup of butter and 3 table-spoons flour to a cream, pour over this one and a half pints boiling water; place over a kettle of boiling water for ten minutes, dip into it the toast and serve hot.

Or, dip each slice of toast in boiling hot water (slightly salted), spread with butter, cover and keep hot.

### *Cream Toast.*

Take slices of stale bread, 1 pint of milk, 1 cup of cream, 1 table-spoonful butter, salt, and 3 table-spoonfuls flour. Toast the bread to a golden brown, have a dish half full of boiling water, salted; as each slice is toasted dip it in this for a second and lay in the deep heated dish, in which it is to be served. Have ready, by the time the bread is all toasted, the milk scalding hot, but not boiling; thicken this with flour; let simmer until cooked; put in the butter; boil up once and pour over the toast, lifting the slices that the cream may run between; cover closely and serve at once.

### *Breakfast Toast.*

Mix 2 table-spoonfuls of sugar, a little salt, and a well-beaten egg, in one-half pint of milk. In this mixture dip slices of bread and fry them on a buttered griddle until they are light brown on each side.

### *Cheese Toast.*

Put a cupful of cheese crumbs into half a pint of rich milk; boil until it melts. Have 2 eggs well beaten. Season the milk with salt, pepper and butter to taste; turn in the eggs; stir rapidly for a few minutes; remove from the fire and spread it over some hot slices of toasted bread. Cut them in halves and quarters and serve on a hot platter.

### *Reed Birds on Toast.*

In selecting birds, be sure and get those that have not been too long killed; clean thoroughly and place on a broiler. Brush over them a little melted butter and broil thoroughly. Melt a generous lump of butter, season it with salt and pepper, and pour this over each bird that has been previously placed on slices of toast.

### *Cheese Toast No. 2.*

Make some slices of toast, cut off their crusts, then butter them. Cut some cheese into thin flakes, and put in a saucepan with a piece of



butter, and a little mustard if desired. Place the pan over the fire and stir until the cheese is melted, and the whole is well mixed and smooth; then pour the mixture on the toast and serve hot.

### *Welsb Rabbit.*

Put 4 ounces of cheese, sliced thin or grated, 2 tablespoonfuls of cream or milk, and a piece of butter the size of a walnut into a saucepan and boil, stirring it gently all the time until it becomes thick and smooth, then add a raw egg and a little cayenne pepper. Put the saucepan again on the fire, stirring until the whole is hot. Serve on squares of dry toast. This will be sufficient for four people.

### *American Toast.*

To 1 egg thoroughly beaten, put 1 cup of sweet milk and a little salt. Slice light bread and dip into the mixture, allowing each slice to absorb some of the milk; then brown on a hot buttered griddle; spread with butter, and serve hot.

### *Hashed Meat on Toast.*

Take your bones and stew them in a little water with an onion, some salt and pepper, and, if you like, a little savory herbs; when the goodness is all out of the bones and it tastes nice, thicken the gravy with a teaspoonful of corn starch, and if it is not very strong put in a bit of butter, then place your stewpan on the hot hearth, and put in your slices of meat. Warm but not boil. Serve with toasted bread.

### *Ham Toast.*

Brown in a pan a small piece of butter; put in a teaspoonful of finely-minced ham, and add gravy enough to make moist. When hot stir in quickly with a fork 1 egg. Pour the mixture over the toast, and serve hot. A little milk added to the ham and thickened is an improvement.

### *Eggs on Toast.*

Carefully break fresh eggs into a shallow pan of boiling water; have ready slices of buttered toast, and when the white part has set round the yolk, take them up in a skimmer and lay each one upon a slice of toast; salt, butter and pepper.

*Tomato Toast.*

Pare and stew a dozen ripe tomatoes, or a can of tomatoes may be substituted; season with salt and pepper. Add 1 cup of sweet cream, thicken by stirring a little flour into a tablespoonful of butter, then stir into the tomatoes. Let it cool, remove at once and pour over slices of dipped buttered toast.

*Mushrooms on Toast.*

Take a dozen of good, fresh mushrooms, and clean well, or canned mushrooms can be substituted. Fry in butter half a pound of raw minced steak, add a pinch of salt, a dash of pepper and one-half cup of hot water. Fry until the juices are extracted from the meat; squeeze the meat with the back of the spoon until there is nothing left but fiber, then remove and add the mushrooms to the liquid. If not sufficient juice, add a little more butter, turn them over carefully once or twice, and pour on hot toast.

*Sweet Wafers.*

One pint of flour, 1 teacup sugar, 3 eggs, 1 tablespoon butter, flavor with lemon, mix into a batter same as for cake, and bake in wafer-irons.

*French Crackers.*

One and a half pounds each of flour and sugar, three-fourths pound butter, whites of 5 eggs; before cooking wash over with egg and dip in sugar.

*Egg Crackers.*

Six eggs, 12 tablespoons sweet milk, 6 tablespoons butter, half a teaspoon soda; mould with flour half an hour, and roll thin.

*Lemon Toast.*

Beat yolks of six eggs, add three cups of milk; cut into slices; dip into the milk, and fry a nice brown; take the whites of six eggs, beat to a froth, add a cup of sugar, the juice of two lemons, and two cups boiling water. Serve over the toast.

*Milk Crackers.*

Rub half cup butter with 3 cups of flour; dissolve 1 teaspoonful of soda in one-quarter cupful water and strain over the flour; add 1 teaspoonful salt, 2 teaspoonfuls cream tartar, and sweet milk enough to

make a stiff dough. Knead well, beat with the rolling-pin, pounding it out thin. Roll out, cut with a biscuit cutter and bake quickly.

### *Crackers.*

Eleven cups of flour before sifting, 1 cup of lard or butter, 1 teaspoonful soda, 1 teaspoonful salt. Rub all thoroughly in the flour. Add cold water sufficient to knead up stiff, beat with the rolling-pin fifteen or twenty minutes. Roll thin as for pie crust, cut in squares, prick with a fork and bake in a moderate oven until light brown.

### *Oatmeal Crackers.*

One pint of oatmeal wet with half cupful cold water. Work into a mass with a spoon. Place on a board well covered with dry oatmeal. Make compact as possible, roll out carefully to one-sixth inch in thickness, cut in squares with a knife. Bake in a very slow oven. These are excellent, and if kept dry or packed in oatmeal will be good for months.

### *Cracked Wheat.*

One quart of water, 1 teaspoonful of salt, 6 tablespoonfuls of cracked wheat. Mix the wheat, water and salt together; put this in the farina boiler, and boil four hours, or over night, on the back part of the stove. Serve warm, with sugar and cream.

### *Farina.*

Add 1 teaspoonful of salt to 1 quart of water or milk, and then sift in, slowly, sufficient farina to make a gruel. Stir and boil slowly for thirty minutes. Serve with sugar and cream.

### *Rye Mush.*

One quart of boiling water, 1 teaspoonful of salt, 5 heaping teaspoonfuls of rye meal. Sift the meal into the boiling water, stirring all the while; add the salt; stir until it boils again; cover, and cook slowly one hour. Serve with sugar and cream.

### *Graham Mush, Plain.*

Plain graham mush made in the same manner, omitting the fruit and milk, and rather thin, served with cream and sugar, or some plain pudding sauce, is very good. What is left may be filled into a mould or pudding dish and sliced to fry next morning for breakfast.

### *Boiled Barley.*

Wash the barley through several cold waters, then cover with cold water; bring quickly to a boil; boil five minutes; drain, cover with fresh boiling water, and boil slowly four hours.

### *Corn Meal Mush.*

Salt boiling water and stir corn meal in slowly until a thick, smooth mush is formed. This may be served the same as Graham mush, and what is left may be fried next day. Boil slowly an hour.

### *Fried Mush.*

Make the mush as above, corn meal or graham; better still, a mixture of the two will be found desirable. Put in a mould or pudding dish to cool and slice for frying, or dip muffin rings in cold water, set on a plate and fill with mush; in the morning slip the stiffened shapes out. Roll either slices or circles in flour, and fry slowly in hot lard or dripping. Some cooks fry fresh mush, dropping it hot into a well-buttered frying pan. It is nice cut in slices and fried like doughnuts, in lard sufficient to cover. Serve with molasses or maple syrup.

### *Oatmeal.*

Two cupfuls of oatmeal, 1 teaspoonful of salt, 8 cupfuls of boiling water. Put in a basin and stir well, set in a steamer and cook one and a half hours. A double boiler may be used to cook it in, or a pail set in a kettle of boiling water. And if great care is used, it is possible to cook in a stewpan on the stove. Steam cooked, or rolled oats may be cooked in much less time. If rolled oats, the quantity mentioned will cook during the time given for boiling the potatoes for breakfast. Serve with fruit, sugar, cream, butter, or any plain pudding sauce. If steamed, part milk may be used in cooking.

### *Oatmeal Mush Fried.*

The mush to fry should be stiff and dry. Mould in a deep dish, cut in slices and fry in butter and lard, equal parts.

### *Boiled Rice.*

Take 1 cup of white rice; wash it in a strainer, and put it in a farina boiler with a quart of water and a pinch of salt; let it boil slowly till the water is nearly evaporated then throw in  $\frac{1}{2}$  cup of raisins, and add a

little butter. Stir carefully from the bottom of the saucepan, but do not mash. Soon as done, serve with rich cream and sugar.

### *Rice Croquettes.*

One pint of milk, yolks of 2 eggs, half teaspoonful of vanilla, one-quarter cup of currants, half cup of rice, 2 large tablespoonfuls of sugar, one-quarter cup of raisins, one-quarter cup of citron. Wash the rice and put it in a farina boiler with the milk, and boil until very thick; now add the yolks of the eggs, and the sugar; beat until smooth. Take from the fire, add the vanilla, and the fruit well floured. Turn out on a dish to cool. When cold, form in pyramids; dip first in beaten egg, then in bread crumbs, and fry in boiling oil or fat.

Put a small piece of currant jelly on the top of each croquette; dust the whole with powdered sugar, and serve with vanilla sauce.

This quantity will make twelve croquettes.

### *Cracked Wheat Mush.*

Moisten one and one-half cups cracked wheat with cold water, add one-half teaspoonful salt, place in a muslin bag, leaving half the space for the wheat to swell; put into a small colander and place in a kettle of water and keep boiling from three to four hours. Serve with syrup and butter, or cream and sugar. It is nice sliced and fried when cold.

### *Prepared Bread Crumbs.*

Take the odds and ends of bread, or, in fact, the pieces of stale bread, place them in a moderate oven or in a heating closet, and let them stand until thoroughly brown and dry. Do not let them scorch. While hot and crisp, put them on the moulding board and roll. These can be sifted and placed in a glass jar with a tight cover, and can be kept for weeks, and in fact for months, and just as good for croquettes, etc., as when made each day.

### *Hominy.*

There are two kinds of hominy. The coarse requires a much longer time to cook. Allow 1 cup of hominy to a quart of water; soak over night and boil one hour; of course, salt the water. Many prefer it without being soaked, in which case it would require boiling at least eight hours. Serve with cream and sugar. This is excellent to slice and fry in butter and served with syrup made from granulated sugar

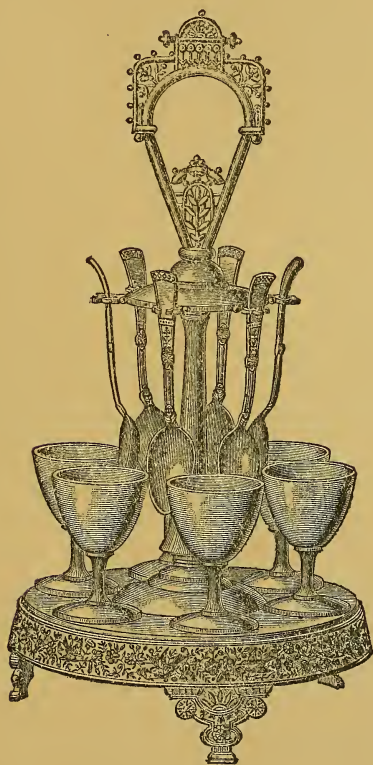


*Scrambled Eggs on Toast.*

For 1 egg allow 3 tablespoonfuls boiling water, a little salt and a bit of butter the size of a hazelnut. Stir rapidly from the moment the egg is dropped into the water until the mixture is of the consistency of cold, thick cream, but do not allow it to whey. Have ready slices of moist, buttered toast; put the eggs on the toast and serve.



## EGGS.



There are many ways of cooking and dressing eggs. and there is no more wholesome article of food when properly prepared. To ascertain the freshness of an egg without breaking it, hold it before a strong light

or toward the sun, and if the yolk appears round, and the white surrounding it clear, the chances are it is good.

Or, put them in a bucket of water; the fresh ones will sink immediately, those that float are doubtful. The shell of a fresh egg looks dull and porous.

### *To Preserve Eggs.*

All it is necessary to do to keep eggs from August until spring is to procure small, clean wooden or tin vessels, holding from ten to twenty gallons, and a barrel, more or less, of common, fine-ground land plaster. Begin by putting on the bottom of the vessel two or three inches of plaster, and then, having fresh eggs, with the yolks unbroken, set them up, small end down, close to each other but not crowding, and make the first layer. Then add more plaster and enough so the eggs will stand upright, and set up the second layer; then another deposit of plaster, followed by a layer of eggs, till the vessel is full, and finish by covering the top layer with plaster.

### *To Preserve Eggs No. 2.*

Put a layer of coarse salt in the bottom of box or stone jar, then the eggs small end down—then a layer of salt, then eggs—until the jar is full, making salt the last layer.

### *Boiled Eggs*

There are two ways of preparing boiled eggs. One is considered more healthful than the other, but as it takes a longer time is not frequently resorted to. Is excellent for invalids. The following is the method: Place boiling water in a granite kettle, set on back of the range where it will keep hot, but not boil; put into it carefully as many eggs as needed, and let stand ten minutes; all becomes cooked, but not hard. The other method is to place the eggs into boiling water. For those who like eggs lightly boiled, three minutes will be found sufficient; three to four minutes will be ample time to set the white nicely; and if liked hard, six or seven minutes will not be found too long.

*Soft Boiled Eggs.*

The fresher laid the eggs are, the better. Put them in boiling water; if you only wish the white set, about two minutes' boiling is enough. A new laid egg will take three minutes, if you wish the yolk set.

*Fried Ham and Eggs (a Breakfast Dish.)*

Put the ham into cold frying pan, set it over the fire, and turn the slices three or four times whilst they are cooking. When they are done place them on a hot dish. Poach the eggs; slip them on to the slices of ham, and serve quickly.

*Fried Eggs.*

Into a hot frying pan put some ham fryings, or plain fryings to which is added a little butter. Drop eggs carefully into hot lard, and when sufficiently done remove with a cake turner.

*Poached or Dropped Eggs.*

Strictly fresh eggs only are fit to poach. The beauty of a poached egg is for the yolk to be seen blushing through the white, which should be just sufficiently hardened to form a veil for the yolk. Have some fresh boiling water in a stewpan, break the egg into a saucer, remove the pan from the fire and gently slip the egg into it. Now break another, and so on until the bottom of the pan is covered. Now put it over a moderate fire, and as soon as the water boils the eggs are ready; take them up with a slice, and neatly round off the ragged edges of the whites. Serve on buttered toast.

*Broiled Ham and Eggs.*

Broil thin slices of ham. Put a bit of butter on each slice when done. Poach the eggs in water, and lay one neatly on each piece of ham.

*Scrambled Eggs.*

Six eggs, six tablespoonfuls of milk, half a teaspoonful of salt, half a teaspoonful of butter. Beat the eggs, and add the salt and milk. Put the butter in a small sauce pan, and when it melts, add the eggs. Stir over the fire until the mixture thickens, being careful not to let it cook hard. About two minutes will cook it. The eggs, when done, should be soft and creamy. Serve immediately.

### *Baked Eggs.*

Break 8 eggs into a well-buttered dish, put in pepper and salt, bits of butter, and 3 tablespoons cream; set in oven and bake about twenty minutes; serve very hot.

### *Creamed Eggs.*

Boil six eggs twenty minutes. Make one pint of cream sauce. Have six slices of toast on a hot dish. Put a layer of sauce on each one, and then part of the whites of the eggs, cut in thin strips; and rub part of the yolks through a sieve on to the toast. Repeat this, and finish with a third layer of sauce. Place in the oven for about three minutes. Garnish with parsley, and serve.

Is excellent for lunch served with sliced tomatoes.

### *Plain Omelet. (Fine.)*

To make an omelet, beat the yolks lightly (twelve beats is said to be the magic number), as too much beating makes them thin and destroys the appearance of the omelet, then add the milk, the salt, pepper, and flour if any is used, and lastly, the whites beaten to a stiff froth. Have the skillet as hot as it can be without scorching the butter; put in a tablespoon of butter and pour in the omelet, which should at once begin to bubble and rise in flakes. Slip under it a thin, broad-bladed knife, and every now and then raise it up to prevent burning. As soon as the under side is hard enough to hold together, and the eggs begin to "set," fold over, shake the skillet so as to entirely free the omelet, carefully slide it on a hot platter, and serve at once. It should be cooked in from three to five minutes.

### *Stuffed Eggs.*

Six eggs, 1 tablespoonful of tongue or ham, 1 tablespoonful of melted butter, salt and pepper to taste. Boil the eggs fifteen minutes. Cut them in halves lengthwise, take out the yolks carefully, mash them fine, add the butter, the tongue or ham finely chopped, salt and pepper. Rub together until smooth. Fill the hollowed whites with this, and press the corresponding halves together. Dip them first in egg, then in bread crumbs, then again in egg and again in bread crumbs, and fry in boiling fat. Serve hot with cream sauce poured around them. These are delicious, but are difficult to make.



### *To Bake an Omelet.*

To bake an omelet, place in the frying pan on top of stove until it begins to "set" in the middle, then place in a rather hot oven; when slightly browned, fold if you like, or turn a hot dish on top of the pan, upset the latter with a quick motion, and so dish the omelet with the under side uppermost. It should be baked in from five to ten minutes. Where a large quantity of eggs are used, instead of making into one large omelet, divide and make several, sending each to the table as soon as done. Three eggs make a good sized omelet.

### *Eggs Brouille.*

Six eggs, half a cupful of milk, or, better still, of cream; 2 mushrooms, 1 teaspoonful of salt, a little pepper, 3 tablespoonfuls of butter, a slight grating of nutmeg. Cut the mushrooms into dice, and fry them for one minute in 1 tablespoonful of the butter. Beat the eggs, salt, pepper and cream together, and put them in a saucepan; add the butter and mushrooms to these ingredients. Stir over a moderate heat until the mixture begins to thicken. Take from the fire and beat rapidly until the eggs become quite thick and creamy. Have slices of toast on a hot dish. Heap the mixture on these, and garnish with points of toast. Serve immediately.

### *To Pickle Eggs:*

One dozen eggs, 1 quart of vinegar, one-half ounce of black pepper, one-half ounce of ginger; boil the eggs twelve minutes; dip in cold water and take off the shell; put the vinegar with the pepper and ginger into a stewpan and simmer ten minutes; place the eggs in a jar, pour over the seasoned vinegar boiling hot.

### *Scolloped Eggs.*

Take one dozen hard boiled eggs, slice them in thin slices; in the bottom of a large, well-buttered baking dish place a layer of grated bread crumbs, then one of eggs; cover with bits of butter, and sprinkle with pepper and salt. Continue thus to blend these ingredients until the dish is full; be sure that the crumbs cover the eggs upon top. Over the whole pour a large teacupful of sweet cream or milk, and a little grated cheese. Brown nicely in a moderately heated oven.

*Omelet.*

Six eggs, whites and yolks beaten separately; half pint milk, 6 teaspoons corn starch, 1 teaspoon baking powder, and a little salt; add the whites, beaten to a stiff froth, last; cook in a little butter. Spread over this before folding some tomatoes cooked and seasoned.

*Omelet in Batter.*

Fry an omelet; when done, cut it in squares or diamonds; dip each piece in batter made of 2 eggs and a pint of milk, with enough wheat flour, and fry them in nice salted lard to a delicate brown. Serve hot.

*Meat Omelets.*

Ham, chicken, and all kinds of meat omelets, are made by chopping the meat fine and placing between the folds before dishing.

*Curried Eggs.*

Slice 2 onions and fry in butter; add a tablespoon curry powder and 1 pint good broth or stock; stew till onions are quite tender, add a cup of cream thickened with arrow root or rice flour, simmer a few moments, then add 8 or 10 hard boiled eggs, cut in slices, and beat them well, but do not boil.



## HOT AND COLD BEVERAGES.



Breakfast is often a failure for the want of a cup of good coffee. There is almost as much in the making as in the coffee itself.

Do not buy much at a time (unless in air-tight packages), a week or ten days' supply is enough, and if you are situated so you can buy it

twice a week, so much the better. Keep it in a dry place, and, if possible, in a tin can which shuts tightly, never in a pine box or bin, for the smell of the wood is quickly absorbed by the coffee.

### *To Make Boiled Coffee.*

Take a good-sized cupful of ground coffee, and pour into a quart of boiling water, with the white of an egg and the crushed shell. Stir well together, adding half cupful cold water to clear. Put into the coffee boiler and boil for about a quarter of an hour; after standing for a little while to settle, pour into your coffeepot, which should be well scalded, and send to the table. The coffee should be stirred as it boils, to settle it.

Coffee should be carefully roasted, as the flavor largely depends upon it. The natural color of the coffee bean is pale green, and should be evenly roasted until it acquires a chestnut-brown color. If roasted to a black color it gives a burnt and disagreeable flavor to the beverage. Slightly heating the dry coffee before making improves it.

### *Good Coffee.*

To make good coffee one must have good ingredients. Three-fourths Java and one-fourth mocha make the best mixture. For four persons, use one-half cup of ground coffee; stir into the cup one-half yolk of an egg and a little cold water. Stir up well and pour into coffee boiler, and pour on 4 cups of boiling water. As soon as it comes to a boil, stir with silver spoon and set on back of range ten minutes to settle, where of course it will keep hot but not boil. To preserve the flavor, old cooks stop up with a linen napkin all openings where the aroma or flavor might escape. Serve with good cream. A No. 1.

### *Filtered Coffee.*

The French coffee biggin furnishes the easiest means for filtering coffee. It consists of two cylindrical tin vessels, one fitting into the other, the bottom of the upper one is a fine strainer, another coarser strainer is placed on this with a rod running upward from its center; the finely ground coffee is put in, and then another strainer is slipped on the rod over the coffee, the boiling water is poured on the upper sieve and falls in a shower upon the coffee, filtering through it to the coarse

strainer at the bottom, which prevents the coffee from filling up the holes of the finer strainer below it. The coffee thus made is clear and pure.

### *To Improvise a Simple and Desirable Coffee Pot.*

Make a sack of fine flannel, or canton flannel, as long as the coffee pot is deep, and a little larger than the top; stitch up the side seam to within an inch and a half of the top, bend a piece of small but rather stiff wire in a circle and slip it through a hem made around the top of the sack, bringing the ends together at the opening left at the top of the side seam. Having put the coffee in the sack, lower into the coffee pot with the ends of the wire next the handle, spread the ends of the wire apart slightly, and push it down over the top of the pot. The top of the sack will then be turned down a little over the outside of the pot, a part of it covering the "nose," and keeping in all the aroma, the elasticity of the wire causing it to close tight around the pot, holding the sack close to its sides. Instead of a wire (which must be removed to wash the sack after using), a tape may be used by tying the ends after turning the top of sack down. When the sack, with the coffee in it is in its place, pour the boiling water over the coffee, close the lid tightly, and let simmer (not boil) fifteen minutes to half an hour. In pouring for the table raise the sack off the nose but not out of the pot. This makes good coffee without eggs or anything else to settle it.

### *Picnic Coffee.*

Coffee or tea may be made quickly by placing the required quantity of cold water in the pot, and adding the coffee, tied up in a sack of fine gauze, or piece of muslin; bring to boiling point, boil five minutes and serve. Make tea in the same way, except that the tea is put loose in the water, and simply allowed to boil up once.

### *Coffee with Whipped Cream.*

For six cups of coffee of fair size, take 1 cup sweet cream whipped light with a little sugar; put into each cup the desired amount of sugar and about a tablespoon boiling milk; pour the coffee over these and lay upon the surface of the hot liquid a large spoonful of the frothed cream, giving a gentle stir to each cup before serving. This is known to some as meringued coffee, and is an elegant French preparation of the popular drink. Chocolate served in this way is delicious.



### *To Make Green Tea.*

Have ready a kettle of water boiling fast, pour some into the teapot, let it remain for a few minutes, then throw it out; measure a teaspoonful of tea for each two persons, put it in the pot, pour on it about a gill of boiling water, cover it close for about five minutes, then fill it up; have a covered pitcher of boilong water with it. When two cups are poured from it, fill it up; you will thus keep the strength good and equal. If the compauy is large, it is best to have some of the tea drawn in the covered pitcher, and replenish the tea pot or urn when it is exhausted.

“Except the water boiling be,  
Filling the teapot spoils the tea.”

Prepare tea in the morning, making it stronger and sweeter than usual; strain and pour into a clean stone jug or glass bottle, and set aside in the ice-chest, until ready to use. Drink from goblets without cream. Serve ice broken in small pieces on a platter nicely garnished with well washed grape-leaves. Iced tea may be prepared from either green or black alone, but it is considered an improvement to mix the two. Tea like the above, with sugar to taste, a slice or two of lemon, a little of the juice, and some pieces of cracked ice, makes a delightful drink.

### *Ice Tea. (Russian.)*

Is served a great deal with dinner during the summer months. It may be prepared some hours before required for use, and placed on ice. It is served in glasses like water. Many housewives serve a quarter of lemon with it. The lemon imparts an additional flavor and quenches thirst. Sugar in this case could be used but no milk. This is a good healthful drink.

### *Chocolate.*

Put 4 ounces of chocolate into a farina boiler, stand it over the fire to melt. When melted, add 1 quart of new milk slightly warmed, and 2 tablespoonfuls of sugar. Cover the farina boiler and boil five minutes, then, with a whip churn or an egg beater, beat the chocolate until smooth and creamy. Serve with whipped cream.

*Breakfast Cocoa.*

Six tablespoons of cocoa to each pint of water, as much milk as water, sugar to taste. Rub cocoa smooth in a little cold water; have ready on the fire a pint of boiling water; stir in grated cocoa paste. Boil twenty minutes, add milk and boil five minutes more, stirring often. Sweeten in cups so as to suit different tastes.

Serve with whipped cream.

*Berry Sherbet.*

Crush 1 pound of berries, add them to 1 quart of water, 1 lemon sliced, and 1 teaspoonful of orange flavor, if you have it. Let these ingredients stand in an earthen bowl for three hours; then strain, squeezing all the juice out of the fruit. Dissolve one pound of powdered sugar in it, strain again, and put on the ice until ready to serve.

*Iced Buttermilk.*

There is no healthier drink than buttermilk, but it must be the creamy, rich buttermilk to be good. It should stand on the ice to cool, though if very rich and thick a little ice in it is an improvement.

*Strawberry Sherbet.*

Take 14 ounces of picked strawberries, crush them in a mortar, then add to them a quart of water, pour this into a basin, with a lemon sliced, and a teaspoonful of orange flower water; let it remain for two or three hours. Put 18 ounces of sugar into another basin, cover it with a cloth, through which pour the strawberry juice; after as much has run through as will, gather up the cloth, and squeeze out as much juice as possible from it; when the sugar is all dissolved, strain it again; set the vessel containing it on ice, until ready to serve.

*Lemon Syrup.*

Take the juice of 12 lemons, grate the rind of 6 in it, let it stand over night, then take 6 pounds of white sugar, and make a thick syrup. When it is quite cool, strain the juice into it, and squeeze as much oil from the grated rind as will suit the taste. A tablespoonful in a goblet of water will make a delicious drink on a hot day, far superior to that prepared from the stuff commonly sold as lemon syrup.

### *Elderberry Syrup.*

Take elderberries perfectly ripe, wash and strain them, put a pint of molasses to a pint of the juice, boil it twenty minutes, stirring constantly; when cold add to each quart a pint of French brandy; bottle.

### *Ginger Nectar.*

Ten gallons of water, 15 pounds loaf sugar, whites of 6 eggs well beaten and strained; mix all together, then boil and skim. Put in one-half pound of ginger, boil twenty minutes. When cool, put in the juice and rind of 4 or 5 lemons, also 2 tablespoons of good yeast, stir well together, bottle, and cork tight.

### *Raspberry Shrub.*

Place red raspberries in a stone jar, cover them with good cider vinegar, let stand over night; next morning strain, and to 1 pint of juice add 1 pint of sugar, boil ten minutes, and bottle while hot.

### *Sherbet.*

One pineapple, 4 lemons, 2 quarts water, 2 teacups sugar; steep the pineapple in the water for two hours; strain and add the juice of the lemons and sugar; whip the whites of 5 eggs, add to them 3 tablespoons of sugar; place all in freezer, freeze at once. Adding the sugar to the whites gives body to the sherbet; it is excellent.

### *Soda Beer.*

Two pounds white sugar, whites of 2 eggs, 2 ounces tartaric acid, 2 tablespoons flour, 2 quarts water and juice of 1 lemon; boil two or three minutes, and flavor to taste. When wanted for use, take a half teaspoon soda, dissolve in half a glass of water, pour into it about 2 tablespoons of the acid, and it will foam to the top of the glass.

### *Ginger Pop.*

Water, five and one-half gallons; ginger root, bruised, one-quarter of a pound; tartaric acid, one-half ounce; white sugar, two and a half pounds; whites of 3 eggs, well beaten; lemon oil, 1 teaspoon; yeast, 1 gill. Boil the root for thirty minutes in 1 gallon of the water, strain off and put the oil in while hot. Then let cool, and mix all together. Make over night, and in the morning skim and bottle, keeping out sediment.

### *A Good Summer Drink.*

Two pounds Catawba grapes, 3 tablespoonfuls loaf sugar, 1 cup of cold water. Squeeze the grapes hard in a coarse cloth, when you have picked them from the stems. Wring out every drop of juice; add the sugar, and when it is dissolved, the water, surround with ice until very cold; put a lump of ice into a pitcher, pour out the mixture upon it, and drink at once. You can add more sugar if you like, or if the grapes are not quite ripe.

### *Ginger Lemonade.*

Take a half cup of vinegar, 1 cup of sugar, 2 teaspoonfuls ginger; stir well together, put in a quart pitcher and fill with ice water. If one wants it sweeter or sourer than these quantities will make it, more of the needed ingredients may be put in. It is a cooling drink and almost as good as lemonade, some preferring it.

### *Excellent Mead.*

Three pounds brown sugar, 1 pint of molasses, one-fourth pound tartaric acid; mix, pour over them 2 quarts boiling water, stir till dissolved. When cold, add half ounce essence sassafras, and bottle. When you wish to drink it, put 3 tablespoonfuls of it in a tumbler, fill half full with ice water, add a little more than one-fourth teaspoonful soda. An excellent summer beverage.

### *Lemonade.*

Take half pound of sugar and reduce it to a syrup with 1 quart of water; add the juice of 5 lemons and a block of ice in center of bowl. Peel 1 lemon and cut it up into thin slices, and put in lemonade. Serve with a piece of lemon in each glass.

### *Syrup of Vinegar.*

Four quarts vinegar and 2 pounds of sugar boiled until a clear syrup. Bottle it. One or 2 teaspoons to a glass of water is an agreeable beverage.

### *Ginger Wine.*

One-half pound of cinnamon bark, 4 ounces of pimento, 2 ounces of mace, three-quarters of an ounce of capsicum, three-quarters of a pound of ginger root, 5 gallons of alcohol; macerate and strain or filter, after standing fifteen days. Now make syrup, 30 pounds of white sugar, half

pound tartaric acid, one and a half pounds of cream tartar, dissolved with warm water, clarify with whites of 2 eggs, and add soft water to make 40 gallons. Color with cochineal and let it stand six months.

### *Red Currant Cordial.*

To 2 quarts of red currants put 1 quart of whiskey; let it stand twenty-four hours, then bruise and strain through a flannel bag. To every 2 quarts of this liquor, add 1 pound of loaf sugar, add quarter of a pound ginger well bruised and boiled; let the whole stand to settle, then strain or filter; bottle and cork, seal the corks tightly. It is an improvement to have half red raspberry juice if the flavor is liked. The above is fit for use in a month.

### *Egg Nog.*

Whip the whites and yolks of 6 eggs into a stiff cream, adding a half cupful of sugar. Pour into a quart of rich milk, adding a half pint of good brandy, and a little flavoring of nutmeg. Stir up and thoroughly mix the ingredients, and add the whites of 3 additional eggs well whipped.

### *Strawberry Syrup.*

Take fine, ripe strawberries, crush them in a cloth, and press the juice from them; to each pint of it put a pint of simple syrup, boil gently for one hour, then let become cold, and bottle it; cork and seal it. When served reduce it to taste with water, set it on ice, and serve in small tumblers half filled.

### *Koumiss, or Milk Beer.*

One quart of new milk, 3 or 4 lumps of white sugar, 1 gill of fresh buttermilk. Mix until the sugar dissolves. Let stand in a warm place ten hours, when it will have thickened; then pour from one vessel into another until it is smooth and thick. Bottle and keep in a warm place twenty-four hours—in winter it may take thirty-six hours. Cork the bottles tight; tie the corks down. Shake for a few minutes before



using. One teaspoonful of yeast may be used instead of the buttermilk. The milk should be unskimmed. This agreeable beverage is recommended for a delicate stomach, as aiding in the assimilation of food ; it is also healthful for young children.

### *For a Summer Draught.*

The juice of 1 lemon, a tumblerful cold water, pounded sugar to taste ; half a small tablespoonful of carbonate of soda. Squeeze the juice from the lemon ; strain, and add it to the water, with sufficient pounded sugar to sweeten the whole nicely. When well mixed, put in the soda, stir well, and drink while the mixture is in an effervescing state. This is a very refreshing beverage.



## WATER ICES AND SHERBETS.



In all recipes where the sugar and water are boiled, the time must be noted exactly, the scum removed from the syrup, and the syrup strained through a fine cloth while hot, and then cooled before adding the fruit juice, or the true flavor will be lost. The freezer must be

packed according to directions given for freezing ice cream. Turn the crank very slowly for a few minutes, then rest for about five minutes, turn slowly again and again rest, and continue this until the water ice is frozen pretty hard. A much longer time is required for freezing water ice than ice cream. When you can turn no longer, take out the dasher, scrape down the sides of the can, and give the water ice a thorough beating with a paddle. Put a cork in the lid of the can, draw the water from the tub, repack it, cover with an old piece of carpet, and stand away two or three hours to ripen, that is, to become mellow and smooth.

Fruit jelly may be used in the place of fresh fruit, allowing 1 pint of jelly and a half pound of sugar to every quart of water.

If you wish a sherbet instead of a water ice, proceed exactly the same until you put it in the freezer, then turn the dasher rapidly and steadily until the mixture is frozen pretty hard. Then remove the dasher, beat the white of 1 egg to a froth, add 1 tablespoonful of powdered sugar, and beat again until it will stand alone. Stir this into the sherbet, beat well, cover, and stand away to ripen.

*To Mould.*—When the sherbet or ice is to be served in a form, wet the mould with cold water, fill it with the frozen mixture, pack down well into all the designs, put a piece of white letter paper over the open end, put on the lid and press it down tightly, then pack in salt and ice. When ready to serve, wash in cold water, remove the lid, and turn the sherbet out on a plate. If it should stick, wait a moment, and perhaps the heat of the room will loosen it; if not, wash again with water. Do not dip the mould in hot water, for no matter how quickly it is done, it spoils the shape of the form.

### *Grape Water Ice.*

One quart of water, 1 pint of grape juice, 1 pound of sugar. Boil the sugar and water together for five minutes. Pulp the grapes and add the pulps and skins to the syrup, then press through a sieve, being careful not to mash the seeds. When cold, turn into the freezer, and freeze. This will serve ten persons.

### *Ginger Water Ice.*

Six ounces of preserved ginger, 1 quart of lemon water ice. Pound 4 ounces of ginger to a paste. Cut the remaining 2 ounces into very

thin slices, and stir into the water ice; beat until thoroughly mixed. Cover, and stand away to ripen.

### *Lemon Sherbet.*

One gallon cream, 3 quarts cold water, 10 lemons, 2 pounds white sugar. Press the juice from the lemons. Pour a little boiling water on the rinds; let stand a few minutes; press out, and partly cool. Mix all together, and freeze.

### *Pineapple Sherbet.*

One can of pineapple, 1 quart water, 1 pint sugar, 1 tablespoonful gelatine. Soaked two hours in water enough to cover. Chop the fruit very fine; add the juice from the can, the water, sugar and the soaked gelatine, previously dissolved in one-half cupful of boiling water. The juice of 1 lemon will be found an addition to the flavor. Freeze.

### *Orange Sherbet.*

Juice of 12 oranges, 2 tablespoonfuls of gelatine, 1 pint of sugar, 1 quart of boiling water. Cover the gelatine with cold water and soak a half hour; then add the boiling water and sugar, and stir over the fire until it boils. Stand out to cool. When cold, add the orange juice, and strain through a fine sieve. Let stand until cold, turn into a freezer, and freeze like ice cream.

### *Apricot Sherbet.*

Three cupfuls of apricots cut fine, 1 cupful sugar, kernels of one-half the apricots, 2 cupfuls water, whites of 2 eggs. If the fresh fruit be used, reserve 1 cupful of the ripest. Stew the other 2 cupfuls with the kernels in the water and sugar five minutes. Rub the fruit through a strainer, with the syrup; pour into the freezer. When nearly frozen add the whites of 2 eggs, well beaten, and turn the freezer a few minutes longer. Stir in the cut apricots just before serving. Canned apricots can be used, and if in syrup that can be added also.

### *Fruit Water Ices.*

Strawberry, raspberry, currant, pineapple, all kinds of fruit water ices may be made in about the same way: One quart of water to one and one-half pints of the fruit juice; sweeten to the taste and acidity of the fruit. Put in a freezer and when partly congealed add the beaten



whites of 2 or 3 eggs to each quart of the mixture; then finish freezing. This will be found a good general rule for all manner of fruit water ices.

### *Tutti Frutti Orange Sherbet.*

Three pints of water, 6 medium-sized oranges, whites of 4 eggs, 1 pound of sugar, juice of 1 lemon. Make a thick syrup by boiling the sugar with a very little extra water. Peel and separate 3 of the oranges by the natural division; remove the seeds carefully, and drop into the boiling syrup. Grate the yellow rinds of the 3 remaining oranges; squeeze in the juice; pour off the syrup carefully from the scalded slices and set the slices in a cool place, or on ice until needed for use. Add the water and lemon juice to the syrup; strain into a freezer. When nearly frozen whip in the whites of eggs; beat until it looks like cream. Pack the freezer with more ice and salt. When the sherbet is firm enough mix the sugared orange slices in gently without breaking. Delicious.

### *Orange Sherbet.*

Make same as lemon sherbet—previous rule, adding the juice of 1 lemon for flavoring.

### *Lemon Water Ice.*

One cupful lemon juice, 4 cupfuls water, 2 cupfuls sugar. When partly frozen add the whites of 2 eggs beaten to a froth, and finish freezing.

### *Roman Punch.*

One quart of lemon water ice, one-half pint of champagne, one-half pint of Jamaica rum, 1 gill of maraschino, 1 teaspoonful of vanilla. Have the lemon water ice frozen very hard, thin it slowly with the liquors, beat well. Pack and cover the freezer well, stand it away four or five hours to ripen. It must not be frozen hard, as it is better when served rather liquid and frothy. Serve in glasses.

### *Cherry Water Ice.*

One and one-half quarts of pie or morello cherries, 1 pound of sugar, 1 pint of water. Stone cherries, and mash them. Crack 1 dozen stones, take out the kernels, bruise them and work to a paste, then add them to the cherries, let them stand for an hour and strain through a bag



under pressure. Boil the sugar and water together for five minutes, then stand aside to cool. When cold, mix with the cherry juice, and freeze. (See rule for freezing.) This will serve six persons.

### *Currant Ice.*

A refreshing ice is made of currants or raspberries, or equal portions of each. Squeeze enough fruit in a jelly bag to make a pint of juice; add a pint of each of the water and sugar; pour the whole, boiling hot, on to 3 whites of eggs, beaten to a stiff froth, and whip the mixture thoroughly. When cool, freeze in the usual manner. Part red raspberry juice is a much finer flavor. Any juicy fruit may be prepared in this manner.

### *Frozen Punch.*

Six lemons, 2 oranges, one-half pint of champagne, 1 pint of water, 1 gill of rum, 1 pound of pulverized sugar, one-half gill of brandy. Peel the oranges and lemons, then squeeze out all the juice, add the liquors and sugar, and stir until the sugar is dissolved; then add the water, put into the freezer, and turn slowly and steadily until the mixture is partly frozen. It will require a long time to freeze, and should not be frozen hard. Remove the dasher, cover, and stand away two hours to ripen. This will fill twelve glasses.

### *Orange Water Ice.*

The rind of three oranges grated and steeped a few moments in a little more than a pint of water; strain one pint of this on a pound of sugar, and then add one pint of orange or lemon-juice; pour in a freezer, and when half frozen add the whites of four eggs beaten to a stiff froth.

### *Frozen Bananas.*

One dozen red skin bananas, 1 pound of sugar, 1 pint of water, juice of 2 oranges, 1 pint of cream. Peel the bananas, cut them in slices with a silver knife, then mash them fine. Boil the water and sugar together for five minutes; strain; and when cool, add the orange juice and bananas. Put into the freezer, and turn slowly until frozen: then remove the dasher, and stir in carefully 1 pint of cream, whipped. This will serve eight persons.

### *Frozen Cherries.*

Two quarts of pie or morello cherries, or one quart can, 2 pounds of sugar, 1 quart of water. Stone the cherries, mix them with the sugar, and stand aside one hour; then stir until the sugar is thoroughly dissolved; add the water, put into the freezer, and turn rapidly until frozen. This will serve ten persons.

### *Frozen Mixed Fruits.*

One pint of sour plums, 12 peaches, 1 quart of water, 6 peach kernels, 1 pound of sugar. Pare the peaches and chop them fine with a silver spoon. Scald the plums, remove the skins and stones, mash the plums, and add them to the peaches. Mash the kernels to a paste, add them and the sugar to the fruit; let stand one hour; then add the water, and stir until the sugar is dissolved; then turn into the freezer and freeze. This will serve ten persons.

### *Frozen Peaches.*

One can or twelve large peaches, 2 coffee cupfuls of sugar, 1 pint of water, and the whites of 3 eggs beaten to a stiff froth; break the peaches rather fine, and stir all the ingredients together; freeze the whole into form.

Frozen fruits of any kind can be made the same way; the fruit should be mashed to a smooth pulp, but not thinned too much. In freezing, care should be taken to prevent its getting lumpy.



## DAIRY PRODUCTS.



### *To Make Butter.*

Warm the cream to a temperature of 56° or 58° Fahr., and it will churn in fifteen minutes. After the butter collects in the churn, take it out and stand it for a minute in a very cold place. Do not wash it, as in this way you rob it of certain elements necessary for its preservation. Work it continuously and thoroughly until all the buttermilk is out, adding 2 even teaspoonfuls of very fine salt to each pound of butter, after you have worked it about five minutes. Make it at once into prints, and stand away in a cool place.

### *To Make Butter Quickly.*

Immediately after the cow is milked, strain into clean pans, and set it over a moderate fire until it is scalding hot; do not let it boil; then set it aside; when it is cold, skim off the cream; the milk will still be fit

for ordinary use ; when you have enough cream, put into a clean earthen basin ; beat it with a wooden spoon until the butter is made, which will not be long ; then take it from the milk and work it with a little cold water, until it is free from milk ; then drain off the water, put a small tablespoonful of fine salt to each pound of butter, and work it in. A small teaspoonful of fine white sugar, worked in with the salt, will be found an improvement—sugar is a great preservative. Make the butter in a roll ; cover it with a bit of muslin, and keep it in a cool place. A reliable recipe.

### *A Brine to Preserve Butter.*

First work your butter into small rolls, wrapping each one carefully in a clean muslin cloth, tying them up with a string. Make a brine, say three gallons, having it strong enough of salt to bear up an egg ; add a half teacupful of pure white sugar, and 1 tablespoonful of saltpeter ; boil the brine, and when cold, strain it carefully. Pour it over the rolls so as to more than cover them, as this excludes the air. Place a weight over all to keep the rolls under the surface.

### *To Keep Cheese Moist.*

Many housekeepers complain that their cheese becomes dry, and some use a kind of bell glass to put their cheese in. A very simple expedient will keep cheese in the best condition. Take a linen cloth, or cheese cloth, dip it in white wine, squeeze out excess of wine, and wrap up the cheese in it. By doing this the cheese is not only kept moist, but its flavor is improved.

### *Curds and Cream.*

One gallon of milk will make a moderate dish. Put 1 spoonful of prepared rennet to each quart of milk, and when you find that it has become curd, tie it loosely in a thin cloth, and hang it to drain ; do not wring or press the cloth ; when drained, put the curd into a mug and set in cool water, which must be frequently changed (a refrigerator saves this trouble). When you dish it, if there is whey in the mug, ladle it gently out without pressing the curd ; lay it on a deep dish, and pour fresh cream over it ; have powdered loaf sugar to eat with it ; also hand the nutmeg grater. Prepared rennet can be had at almost any druggist's, and at a reasonable price.

### *New Jersey Cream Cheese.*

First scald the quantity of milk desired; let it cool a little, then add the rennet; the directions for quantity are given on the packages of "Prepared Rennet." When the curd is formed, take it out on a ladle without breaking it; lay it on a thin cloth held by two persons; dash a ladleful of water over each ladleful of curd, to separate the curd; hang it up to drain the water off, and then put it under a light press for one hour; cut the curd with a thread into small pieces; lay a cloth between each two, and press for an hour; take them out, rub them with fine salt, let them lie on a board for an hour, and wash them in cold water; let them lie to drain, and in a day or two the skin will look dry; put some sweet grass under and over them, and they will soon ripen.

### *Curd or Cottage Cheese.*

Set a gallon or more of clabbered milk on the stove hearth or in the oven after cooking a meal, leaving the door open; turn it around frequently, and cut the curd in squares with a knife, stirring gently now and then till about as warm as the finger will bear, and the whey shows all around the curd; pour all into a coarse bag, and hang to drain in a cool place for three or four hours, or over night if made in the evening. When wanted, turn from the bag, chop rather coarse with a knife, and dress with salt, pepper and sweet cream. Some mash and rub thoroughly with the cream; others dress with sugar, cream and a little nutmeg, omitting the salt and pepper. Another way is to chop fine, add salt to taste, work in a very little cream or butter, and mould into round balls.

### *Cheese Souffle.*

Melt an ounce of butter in a saucepan; mix smoothly with it 1 ounce of flour, a pinch of salt and cayenne, and a quarter of a pint of milk; simmer the mixture gently over the fire, stirring it all the time, till it is as thick as melted butter; stir into it about 3 ounces of finely-grated parmesan, or any good cheese. Turn it into a basin, and mix with it the yolks of 2 well-beaten eggs. Whisk 3 whites to a solid froth, and just before the soufflé is baked put them into it, and pour the mixture into a small round tin. It should be only half filled, as the fondu will rise very high. Pin a napkin around the dish in which it is baked, and serve the moment it is baked. It would be well to have a metal cover strongly heated. Time twenty minutes. Sufficient for six persons.



### *Scolloped Cheese.*

Any person who is fond of cheese could not fail to favor this recipe. Take 3 slices of bread, well buttered, first cutting off the brown outside crust. Grate fine a quarter of a pound of any kind of good cheese; lay the bread in layers in a buttered baking dish, sprinkle over it the grated cheese, some salt and pepper to taste. Mix 4 well beaten eggs with 3 cups of milk; pour it over the bread and cheese. Bake it in a hot oven as you would cook a bread pudding. This makes an ample dish for four people.

### *Pastry Ramakins.*

Take the remains or odd pieces of any light puff paste left from pies or tarts; gather up the pieces of paste, roll it out evenly, and sprinkle it with grated cheese of a nice flavor. Fold the paste in three, roll it out again, and sprinkle more cheese over; fold the paste, roll it out, and with a paste cutter shape it in any way that may be desired. Bake the ramakins in a brisk oven from ten to fifteen minutes, dish them on a hot napkin, and serve quickly. The appearance of this dish may be very much improved by brushing the ramakins over with yolk of egg before they are placed in the oven. Where expense is not objected to, parmesan is the best kind of cheese to use for making this dish. Very nice with a cup of coffee for a lunch.

### *Bonny Clabber.*

This dish is in perfection in the summer, when milk sours and thickens very quickly. It should be very cold when served. A nice way is to pour the milk before it has thickened into a glass dish, and when thick set on ice for an hour or two, and it is ready to serve, and is really a very pretty addition to the supper table. Serve in sauce dishes or deep dessert plates, sprinkle with sugar (maple is nice), and a little grated nutmeg, if liked.

### *Toasted Cheese or Scotch Rare-Bit.*

One-half pound of rich cheese, 4 slices of bread, salt and cayenne to taste. Cut the cheese into very thin slices, spread it on a heated flat dish, and stand it over boiling water to melt. While this is melting, toast the bread, and butter it; place it on a hot dish, add the seasoning to the cheese, and spread it over the toast. Serve very hot.

## SANDWICHES.

### *Egg Sandwiches.*

Hard boil some very fresh eggs, and when cold, cut them into moderately thin slices, and lay them between some bread and butter cut as thin as possible; season them with pepper, salt and nutmeg. For picnic parties, or when one is traveling, these sandwiches are far preferable to hard boiled eggs *au naturel*.

### *Mushroom Sandwiches.*

Mince beef tongue and boiled mushrooms together, add French mustard, and spread between buttered bread.

### *Chicken Sandwiches.*

Mince up fine any cold boiled or roasted chicken; put it into a saucepan with gravy, water or cream enough to soften it; add a good piece of butter, a pinch of pepper; work it very smooth while it is heating, until it looks almost like a paste. Then spread it on a plate to cool. Spread it between slices of buttered bread.

### *Watercress Sandwiches.*

Wash well some watercress, and then dry them in a cloth, pressing out every atom of moisture, as far as possible; then mix with the cresses hard boiled eggs chopped fine, and seasoned with salt and pepper. Have a stale loaf and some fresh butter, and with a sharp knife cut as many thin slices as will be required for two dozen sandwiches; then cut the cress into small pieces, removing the stems; place it between each slice of bread and butter, with a slight sprinkling of lemon juice; press down the slices hard, and cut them sharply on a board into small squares, leaving no crust.

*Sardine and Ham Sandwiches.*

Mince sardines fine and mix with one-half the quantity of cold boiled ham also minced fine, and spread over thinly-cut and slightly-buttered bread. Roll and tie the sandwiches with ribbon, or leave flat and cut in fancy shapes. To roll, the bread should be fresh, and the crust removed. These are nice for afternoon teas, lunches or collations.

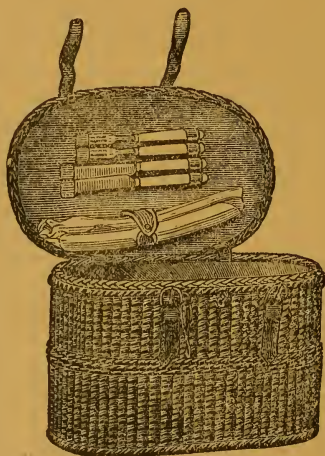
*Ham Sandwiches, Plain.*

Trim the crusts from thin slices of bread; butter them, and lay between every two some thin slices of cold boiled ham. Spread the meat with a little mustard, if liked.

*Cheese Sandwiches.*

These are extremely nice, and are very easily made. Take 1 hard boiled egg, a quarter of a pound of common cheese grated, half a teaspoonful of salt, half a teaspoonful of pepper, half a teaspoonful of mustard, 1 tablespoonful of melted butter, and 1 tablespoonful of vinegar or cold water. Take the yolk of the egg and put it into a small bowl and crumble it down, put into it the butter and mix it smooth with a spoon, then add the salt, pepper, mustard and the cheese, mixing each well. Then put in the tablespoonful of vinegar, which will make it the proper thickness. If vinegar is not relished, then use cold water instead. Spread this between two biscuits or pieces of oat cake, and you could not require a better sandwich. Some people will prefer the sandwiches less highly seasoned. In that case, season to taste.

## LUNCHES, PICNICS AND PARTIES.



For those who enjoy giving lunches and picnics and yet are unaccustomed to planning for the same, we here suggest a few of the many palatable dishes suitable for such occasions. When rolls are taken, wrap each two buttered and laid together, in tissue paper.

Saratoga chips look nicest carried in fancy papers which can be thrown away. Cookies always taste better than rich cakes at a picnic. Always take lemons and sugar or prepare the syrup at home. Take lemons and squeeze them in a glass jar, add sugar, and stir into a thin syrup. Add no water, as that would be extra to carry. Serve by putting a spoonful in each glass of water. Iced tea can be served in the same way.

**Ice cream** and cake for twelve persons: One-half gallon of cream and one loaf cake and one layer cake will serve twelve persons.

For a social tea party of twenty-five: Six dozen sandwiches, two-quart pan of escolloped oysters, 1 dish cabbage salad, 2 chickens pressed, 1 cold tongue, 1 pound coffee, 1 gallon ice cream, cake in variety as desired.

Quantities required for church luncheon for twenty-five persons: Five dozen rolls, one-half pound butter, 1 pound coffee in 5 quarts water, 2 ounces tea, one and one-half pounds sugar, 1 pint cream and 1 pint milk mixed, 3 pints pickles, 5 pounds ham before it is boiled, 1 loaf cake and two and one-half dozen doughnuts.

## PICNIC BILL OF FARE.

Cold roast chickens, sardines, hard boiled eggs in beet juice, Boston brown bread and buttered rolls, sweet pickles, plum jelly or orange marmalade, watermelon, minnehaha, delicate cake, chocolate loaf cake. Peaches and grapes, lemonade, coffee, tea.

For extra occasions, add a freezer filled with frozen cream, with ice well packed around it, and heavily wrapped with carpeting. To pack the basket, first put in plates, cups, and sauce dishes carefully with the towels and napkins, and paper if needed; then add the rest, fitting them in tightly, and covering all with the table cloth, and over it the oil cloth.

## CHILDREN'S PARTY.

As little folks must observe the old adage "Early to bed and early to rise," we would suggest the hours for the party to be between three and seven P. M.

Little fingers are always restless to touch all articles within reach, therefore we think it a good plan to put all valuable bric-a-brac beyond reach, for of course a good time can only be had when not under restraint.

Make all things bright as possible for the little guests, decorating with flowers and fruit.



In the minds of most children a good time means to eat and be merry, and in giving a party one should bear this in mind. A previously arranged program consisting of kindergarten games and music, helps to while away the hours until luncheon is ready.

This need not be an elaborate affair. Seat the children in semi-circles on the floor, and provide them with paper or table napkins. See that napkins are properly spread to protect their clothing. If taste dictates, one could serve them early in the afternoon with ice cream and one or two varieties of little cakes, and the dinner proper, just before going home.

Bill of fare, chicken sandwiches, cold sliced tongue, lemon jelly, oranges, grapes, figs, raisins, candies, lady fingers, love knots, macaroons and cornucopias of popcorn (which can be given them as a souvenir, to take home with them.) Chocolate and lemonade are harmless and palatable drinks.

In submitting the above bill of fare, we have considered the hygienic principles rather than the elaborate outlay, which latter might produce such dreams as we have read of after Grandmamma's Thanksgiving dinner.



## FRAGMENTS.

Before concluding our "Cook Book" proper, we feel it would be incomplete without containing a few suggestions relative to using up remnants from the table, and odds and ends accumulated in cooking. An economical housewife can, with careful planning, save enough from the fragments of two meals, to prepare a dainty and palatable third meal. This third meal of course would be either breakfast, lunch or supper, not dinner, the heartiest meal of the day. In doing this, she will realize the truth of the old adage,

"Waste not, want not."

We suggest first, that you never throw away even a crumb of bread, but save it and put with other pieces; if you have a loaf about to mold, cut in thin slices, place all together in a dripping pan and set in oven to dry, and you will find that when pounded and rolled it will be very nice for dressing, stuffing, puddings, griddle cakes, etc. When to be used for breading meats, etc., it must be made very fine. Keep in a covered box, or in a paper bag tied securely and hung in a dry place. It is much more economical to prepare meats with a dressing of some kind, since they "go so much further."

To economize the scraps left from boiled ham, chop fine, add some of the fat also chopped, and put in a baking plate, first a layer of bread crumbs, then a layer of mixed fat and lean, then another layer of crumbs, and so on till all is used, putting a few bits of fat over the top; pour over it a little water, or a dressing of some kind, and set in oven till a nice brown. This is delicious for breakfast, or for a "picked up dinner," after having made a soup from the bone, well cracked and simmered for three hours with a few sliced potatoes and rice, or dried corn and beans

which have first been soaked and parboiled. In boiling hams, always select an old ham; for broiling, one recently cured. After boiling and skinning a ham, sprinkle well with sugar and brown in oven.

After you have used all the ham that will cut nicely from the bone, and after chipping the remaining tender meat from frizzled ham, boil the bone with cabbage. Being free from fat, it flavors the cabbage nicely without making it greasy.

The fat which you skim from the surface of boiled meats, every piece of suet from chops and steaks; in fact, all kinds of fat should be saved, tried out, clarified, and then strained into your dripping pot. If you do this religiously, even in a large family, you will have to buy very little or no lard for general frying. Doughnuts and fritters are much better fried in drippings than in lard, as they do not absorb so much of it.

The turnip left from yesterday will be just enough for to-day's soup, and will save the time of preparing and cooking another.

If you are going to have celery for dinner, the green part of the stalks is just the thing for stews, or flavoring for soups. The roots, when boiled, make an excellent salad.

All cold mashed potatoes should be saved for croquettes or potato puffs. One cupful will make six croquettes.

Cold boiled potatoes make excellent French fried or Lyonnaise potatoes.

Cold roast and boiled chicken or turkey may be made into croquettes; and if nicely served, would never suggest warmed over meats.

The water in which fresh tongue, mutton or chicken is boiled, may be used for soup, or added to the stock pot.

Cold boiled, baked or broiled fish may be used for croquettes a la creme or salad.

Whites of eggs, saved one or two at a time and kept in a cold place, may be used for angels' food, corn starch cake, or apple snow; the yolks for salad dressing, gravies or soups.

A cup of cold boiled rice added to griddle cakes, muffins or waffles, makes them lighter and more easily digested.

An economical dish can be made by seasoning mashed potatoes with salt, pepper, butter and cream; place a layer in a pie dish; upon this place a layer of cold meat or fish, finely chopped, then alternate until dish is full; then strew bread crumbs over top and bake brown.

Take cold chicken, or roast or boiled beef or veal, mince very fine, moisten with the cold gravy if at hand, or moisten well, and add 1 egg, season with pepper, salt and onion or sage; make into small cakes, cover with egg and bread crumbs, and fry in lard and butter. One cup fresh boiled rice may be added before making into cakes. These chicken or beef croquettes are nice.

Three pounds beef chopped fine, 3 eggs beaten together, 6 crackers rolled fine, 1 tablespoon melted butter, sage to taste, will make a fine beef omelet. Mix well and make like a loaf of bread; put a little water and bits of butter into the pan, invert a pan over it, baste occasionally, bake an hour and a quarter, and when cold slice very thin.

A breakfast stew can be made of three-fourths of a pound of cold roast beef cut into small pieces, heat slowly with half a pint cold water, 1 tablespoon Chili sauce, a teaspoon salt and half a teaspoon pepper. Rub 2 tablespoons flour with some butter and a little of the hot gravy, add to the beef, let cook until the flour is done, and then serve with bits of dry toast. Slices of onions may be first cooked and the meat added to them, with or without Chili sauce.

Potato cakes can be made by mixing thoroughly with cold, mashed potatoes left from dinner, the well-beaten yolk of an egg; make into cakes as you would sausages, place in skillet with a tablespoon hot ham or beef drippings, cover tightly, and in five minutes, when lower side is browned, turn, remove cover, fry until the other side is a nice brown; serve hot. Make up after dinner for frying for breakfast.

To make eggless squash pie, take the squash left from yesterday's dinner and press through a colander; to each pint of this allow 1 tablespoon butter, beat in after warming, 1 cup brown sugar or molasses; a little salt, 1 tablespoon cinnamon, 1 teaspoon ginger, and one-half teaspoon soda; a little allspice may be added, but it darkens the pies; roll a few crackers very fine, and add a handful to the batter, or thicken with 2 tablespoons flour or 1 of corn starch. As the thickening property of pumpkin varies, some judgment must be used in adding milk.

To those who have to buy milk, we would say never waste a drop, as a little accumulated now and then (even though it may sour in the meantime), will make fritters, pancakes, etc.

How to make nice gravy is a problem many housekeepers never solve. Remember that grease is not gravy, neither is raw flour. Almost

any kind of meat liquor or soup stock, from which all fat has been removed, may be made into nice gravy, by simply adding a little seasoning and some thickening; if browned flour is used for the latter, the gravy will require but little cooking, but when thickened with raw flour, it must cook until thoroughly done, or the gravy will taste like so much gummy paste. It is best to brown a quart of flour at a time. Put in a skillet, set in the oven or on top of the stove, stir often until it is a light brown, put into a wide mouthed bottle, cork and keep for use. All gravies should be well stirred over a rather hot fire, as they must be quickly made, and must boil, not simmer.

*General Suggestions.*—On Monday, wash; Tuesday, iron; Wednesday, bake and scrub kitchen and pantry; Thursday, clean the silverware, examine the pots and kettles, and look after store room and cellar; Friday, devote to general sweeping and dusting; Saturday, bake and scrub kitchen and pantry floors, and prepare for Sunday. When the clothes are folded off the frame after ironing, examine each piece to see that none are laid away that need a button or a stitch. Clean all the silver on the last Friday of each month, and go through each room and closet to see if things are kept in order, and nothing going to waste. Have the sitting room tidied up every night before retiring. Make the most of your brain and your eyes, and let no one dare tell you that you are devoting yourself to a low sphere of action. Keep cool and self-possessed. Work done quietly about the house seems easier. A slamming of oven doors, and the rattle and clatter of dishes, tire and bewilder everybody about the house. Those who accomplish much in house-keeping—and the same is true of every other walk in life—are the quiet workers.



## PICKLES, SPICED FRUITS AND VINEGARS.



Pickles should be kept in glass bottles, or earthen jars, and should be closely corked. They should be kept in a dry place. It is important that pickles should be covered at least two inches above the surface with vinegar. If any of the vinegar is left after the pickle is used, it should be boiled up with fresh spices, and bottled for flavoring sauces, etc. Let it be remembered that to boil vinegar is to decrease its strength. If it is wished to hasten the preparation of the pickles, partially boil the vegetables in brine and let them cool and get quite dry before the vinegar is poured over them.

### *To Harden Pickles.*

After they are taken out of the brine take a lump of alum and a horseradish cut in strips; put this in the vinegar, and it will make them hard and crisp. When you wish to make a few cucumber pickles quick, take good cider vinegar; heat it boiling hot and pour it over them. When cool, they are ready for use.

### *Cbili Sauce.*

Eight quarts tomatoes, 3 cups of peppers, 2 cups of onions, 3 cups of sugar, 1 cup of salt, 1 and a half quarts of vinegar, 3 teaspoonfuls of cloves, same quantity of cinnamon, two teaspoonfuls each of ginger and nutmeg; boil three hours; chop tomatoes, peppers, and onions very fine; bottle up and seal.

### *Fresh Pickled Cucumbers.*

Wash and wipe six hundred small cucumbers and two quarts of peppers. Put them in a tub with one and a half cupfuls of salt and a piece of alum as large as an egg. Heat to the boiling point three gallons of cider vinegar and three pints of water. Add a quarter of a pound each of whole cloves, whole allspice and stick cinnamon, and two ounces of white mustard seed, and pour over the pickles; cover and let stand one week.

### *Cucumber Pickles for Winter Use.*

Cover the bottom of cask with common salt; gather the cucumbers every other day, early in the morning or late in the evening, as it does not injure the vines so much then as in the heat of the day; cut the cucumbers with a short piece of the stem on, carefully laying them in a basket or pail so as not to bruise; pour cold water over and rinse, being careful not to rub off the little black briars, or in any way to bruise them, as that is the secret of keeping them perfectly sound and good for any length of time. Lay them in a cask three or four inches deep, cover with salt, and repeat the operation until all are in; pour in some water with the first layer—after this the salt will make sufficient brine. Now spread a cloth over them, then a board with a stone on it. When a new supply of cucumbers is to be added, remove stone, board and cloth, wash them very clean, and wipe every particle of scum from the top of the pickles and the sides of the cask; throw away any soft ones, as they will

spoil the rest; now put in the fresh cucumbers, layer by layer, with salt to cover each layer. When cask is nearly full, cover with salt, tuck cloth closely around the edges, placing the board and weight on top; cover cask closely, and the pickles will be perfect for two or three years. Cucumbers must always be put in the salt as soon as picked from the vines, for if they lie a day or two they will not keep. Do not be alarmed at the heavy scum that rises on them, but be careful to wash all off the board and cloth. When wanted for pickling, take off weight and board, carefully lift cloth with scum on it, wash stone, board and cloth clean, and wipe all scum off the cucumbers and sides of cask, take out as many as are wanted, return the cloth, board and weight, and cover closely. Place the cucumbers in a vessel large enough to hold two or three times as much water as there are pickles, cover with cold water (some use hot), change the water each day for three days, place the porcelain kettle on the fire, fill half full of vinegar (if vinegar is very strong add half water), fill nearly full of cucumbers, the largest first, then the smaller ones, put in a lump of alum the size of a nutmeg, let come to a boil, stirring with a wire or wooden spoon so as not to cut the cucumbers; after boiling one minute, take out, place in a stone jar, and continue until all are scalded, then pour over them cold vinegar. In two or three days, if the pickles are too salt, turn off the vinegar and put on fresh, add a pint of brown sugar to each two gallons pickles, a pod or two of red pepper, a very few cloves, and some pieces of horseradish. The horseradish prevents a white scum from rising.

### *Ripe Cucumber Pickles. (Sweet).*

Pare and seed ripe cucumbers. Slice each cucumber lengthwise into four pieces, or cut it into fancy shapes as preferred. Let them stand twenty-four hours covered with cold vinegar. Drain them, put them into fresh vinegar, with 2 pounds of sugar and 1 ounce of cassia buds to 1 quart of vinegar, and a tablespoonful of salt. Boil all together twenty minutes. Cover them closely in a jar.

### *Pear Pickles.*

For six pounds of fruit use three of sugar, about five dozen cloves, and a pint of vinegar. Into each pear stick two cloves. Have the syrup hot, and cook until tender. Watch carefully, so that it will not cook to pieces.

### *Peach Pickles.*

Pare peaches, place in a stone jar, and pour over them boiling hot syrup made in the proportion of 1 quart best cider vinegar to 3 pints sugar; boil and skim, and pour over the fruit boiling hot, repeating each day until the fruit is the same color to the center, and the syrup like thin molasses. A few days before they are finished, place the fruit, after draining, in the jar to the depth of three or four inches, then sprinkle over bits of cinnamon bark and a few cloves, add another layer of fruit, then spice, and so on until the jar is full. Scald the syrup each morning for three or four days after putting in the spice, pour syrup boiling hot over fruit, and, if it is not sufficiently cooked, scald fruit with the syrup the last time. The proportion of spices to a gallon of fruit is, 2 teaspoonfuls whole cloves, 4 tablespoons cinnamon. If desirable, peaches need not be pared.

### *Bean Pickles.*

Pick green beans of the best variety, when young and tender, string, and place in a kettle to boil, with salt to taste, until they can be pierced with a fork; drain well through a colander, put in a stone jar, sprinkle with cayenne pepper, and cover with strong cider vinegar; sugar may be added if desired.

### *Picalilli.*

One peck of green tomatoes; (if the flavor of onions is desired, take eight, but it is very nice without any); four green peppers; slice all, and put in layers, sprinkle on one cup of salt, and let them remain over night; in the morning press dry through a sieve, put it in a porcelain kettle and cover with vinegar; add one cup of sugar, a tablespoon of each kind of spice; put into a muslin bag; stew slowly about an hour, or until the tomatoes are as soft as you desire.

### *Chopped Pickle.*

One peck of green tomatoes, two quarts of onions and two of peppers. Chop all fine, separately, and mix, adding three cupfuls of salt. Let them stand over night, and in the morning drain well. Add half a pound of mustard seed, two tablespoonfuls of ground allspice, two of ground cloves and one cupful of grated horseradish. Pour over it three quarts of boiling vinegar.

*To Pickle Onions.*

Peel the onions until they are white, scald them in strong salt and water, then take them up with a skimmer; make vinegar enough to cover them, boiling hot; strew over the onions whole pepper and white mustard seed, pour the vinegar over to cover them; when cold, put them in wide-mouthed bottles, and cork them close. A tablespoonful of sweet oil may be put in the bottles before the cork. The best sort of onions for pickling are the small, white buttons.

*Mixed Pickles.*

One quart raw cabbage chopped fine; 1 quart boiled beets chopped fine; 2 cups of sugar, tablespoonful of salt, 1 teaspoonful red pepper, 1 cup of grated horseradish; cover with cold vinegar and keep from the air.

*Mixed Pickles No. 2.*

Three hundred small cucumbers, 4 green peppers sliced fine, 2 large or 3 small heads cauliflower, 3 heads of white cabbage sliced fine, 9 large onions sliced, 1 large horseradish, 1 quart green beans cut one inch long, 1 quart green tomatoes sliced; put this mixture in a pretty strong brine twenty-four hours; drain three hours; then sprinkle in one-fourth pound black and one-fourth pound of white mustard seed; also 1 tablespoonful black ground pepper; let it come to a good boil in just vinegar enough to cover it, adding a little alum; drain again and when cold put in one-half pint ground mustard; cover the whole with good cider vinegar; add tumeric enough to color if you like.

*Walnut Catsup.*

Bruise to a mass one hundred and twenty green walnuts, gathered when a pin could pierce one; put to it three-quarters of a pound of salt and a quart of good vinegar; stir them every day for a fortnight, then strain and squeeze the liquor from them through a cloth and set it aside, put to the husks half a pint of vinegar, and let it stand all night, then strain and squeeze them as before; put the liquor from them to that which was put aside, add to it one ounce and a quarter of whole pepper, forty cloves, half an ounce of nutmeg sliced, and half an ounce of ginger, and boil it for half an hour closely covered, then strain it; when cold, bottle it for use. Secure the bottles with new corks, and dip them in melted rosin.



### *Cauliflower Pickles.*

Choose such as are fine and of full size, cut away all the leaves, and pull away the flowers by bunches; soak in brine that will float an egg for two days, drain, put in bottles with whole black pepper, allspice, and stick cinnamon; boil vinegar, and with it mix mustard smoothly, a little at a time, and just thick enough to run into the jars, pour over the cold cauliflower, and seal while hot. An equal quantity or less of small white onions, prepared as directed in recipe for onion pickles, may be added before the vinegar is poured over.

### *To Pickle Cherries.*

Select cherries not over ripe. Leave on an inch of stem. Put into a jar and cover with cold vinegar. Leave three weeks. Then pour off two-thirds of the liquor. (This boiled with a pound of sugar to the pint is a very fine syrup, good for pudding sauce, or diluted with water, is a pleasant drink). Put fresh vinegar over the cherries to replace that poured off. Then drain it all off, and to each quart add 1 ounce coriander seed, 1 blade of mace, a pinch of cayenne, and 4 bruised cochineals, all tied loosely in a piece of thin muslin. Boil it, and when cold pour it over the cherries. In a month they will be ready for use.

### *Pickled Mushrooms.*

Sufficient vinegar to cover the mushrooms; to each quart of mushrooms 2 blades pounded mace, 1 ounce ground pepper, salt to taste. Choose some nice young button mushrooms for pickling, and rub off the skin with a piece of flannel and salt, and cut off the stalks; if very large, take out the red inside, and reject the black ones, as they are too old. Put them in a stewpan, sprinkle salt over them, with pounded mace and pepper in the above proportion; shake them well over a clear fire until the liquor flows, and keep them there until it is all dried up again; then add as much vinegar as will cover them; just let it simmer for one minute, and store it away in stone jars for use. When cold, tie down with bladder, and keep in a dry place; they will remain good for a length of time, and are generally considered excellent for flavoring stews and other dishes.

### *Chow Chow.*

One-half pound of English mustard, one-half ounce of turmeric, 2 tablespoonfuls of mustard seed, 1 quart of string beans, one-half gallon of vinegar, 1 cup of sugar, 1 gill of salad oil, 1 head of cauliflower, 1 quart of tiny cucumbers, 1 quart of button onions. Boil the cauliflower, beans and onions separately until tender. Cover the cucumbers with strong salt water, and soak twenty-four hours. Then mix all together. Put the vinegar in a porcelain lined kettle. Mix the mustard and turmeric together, and moisten them with a little cold vinegar, then stir them into the hot vinegar and stir continually until it begins to thicken; then add the sugar, mustard seed and oil, stir again and pour this, while hot, over the vegetables. Put away in glass or stone jars.

### *Pickled Red Cabbage.*

Slice it into a colander, and sprinkle each layer with salt; let it drain two days, then put it into a jar, and pour boiling vinegar enough to cover, and put in a few slices of red beet root. Observe to choose the purple-red cabbage. Those who like the flavor of spice will boil it with the vinegar. Cauliflower cut in bunches and thrown in after being salted, will look of a beautiful red.

### *Green Tomato Soy.*

Two gallons of green tomatoes sliced without peeling; slice also 12 good-sized onions, 2 quarts of vinegar, 1 quart of sugar, 2 tablespoonfuls each of salt, ground mustard and ground black pepper, 1 tablespoonful of cloves and allspice. Mix all together and stew until tender, stirring often lest they should scorch. Put up in small glass jars. A good sauce for all kinds of meat or fish.

### *Pickled Apples.*

Take medium-sized sweet apples, pare and stick 4 or 5 cloves in each one. To 10 pounds of apples, allow 3 pounds of sugar, 1 quart of vinegar and spices (1 cupful same as spiced peaches). Boil the apples. Remove them as fast as they become tender. When all are done, boil the vinegar down to just a sufficient quantity to cover the fruit. Put all carefully in a stone jar and seal.

### *Green Tomato Pickle.*

One peck green tomatoes sliced, 6 large onions sliced, 1 teacup of salt over both; mix thoroughly and let remain over night; pour off liquor in the morning and throw it away; mix 2 quarts of water and 1 of vinegar, and boil twenty minutes; drain and throw liquor away; take 3 quarts of vinegar, 2 pounds of sugar, 2 tablespoons each of allspice, cloves, cinnamon, ginger and mustard, and 12 green peppers chopped fine; boil from one to two hours. Put away in a stone crock.

### *Pickled French Beans.*

Gather before they become stringy. Leave on the ends, put into a strong brine until they become yellow; drain the liquor and lay on a cloth to dry. Put them into a stone jar by the fire, and pour boiling vinegar upon them, change the vinegar once, keep covered to prevent the escape of the steam; in four or five days they will become green.

### *Green Tomato Pickles (Sweet).*

Slice 1 peck of tomatoes into a jar and sprinkle a little salt over each layer; let them stand twenty-four hours, drain off the liquor; put the tomatoes into a kettle with a teaspoonful of each of the following spices: Ground allspice, cloves, mace, cinnamon, a teaspoonful of scraped horseradish, 12 small or 3 large red peppers, 3 onions, 3 pounds of brown sugar; cover all with vinegar; boil slowly until tender.

### *Tomato Catsup.*

Take 1 gallon of skinned tomatoes, 4 tablespoonfuls of salt, 4 ditto of whole black pepper, half a spoonful of allspice, 8 pods of red pepper, and 3 spoonfuls of mustard; boil them together for one hour, then strain it through a sieve or coarse cloth, and when cold, bottle for use; have the best velvet corks.

### *Chopped Pickle.*

One peck of green tomatoes, two quarts of onions and two of peppers. Chop all fine, separately, and mix, adding three cupfuls of salt. Let them stand over night, and in the morning drain well. Add half a pound of mustard seed, two tablespoonfuls of ground allspice, two of ground cloves and one cupful of grated horseradish. Pour over it three quarts of boiling vinegar

### *Currant Pickles.*

Scald 7 pounds ripe currants in 3 pounds sugar and 1 quart vinegar, remove currants to jar, boil for a few moments and pour over the fruit. Some add 3 pounds of raisins and spices. If not sweet enough, use only 1 pint vinegar.

### *Spiced Grapes.*

Five pounds grapes, 3 of sugar, 2 teaspoons cinnamon and allspice, half teaspoon cloves; pulp grapes, boil skins until tender, cook pulps and strain through a sieve, add it to the skins, put in sugar, spices and vinegar to taste; boil thoroughly, and cool.

### *Spiced Gooseberries.*

Leave the stem and blossom on ripe gooseberries, wash clean; make a syrup of 3 pints sugar to 1 of vinegar, skim, if necessary, add berries and boil down till thick, adding more sugar if needed; when almost done, spice with cinnamon and cloves; boil as thick as apple butter.

### *Spiced Nutmeg Melon.*

Select melons not quite ripe, open, scrape out the pulp, peel, and slice; put the fruit in a stone jar, and for 5 pounds fruit, take a quart vinegar, and two and a half pounds sugar; scald vinegar and sugar together, and pour over the fruit; scald the syrup and pour over the fruit each day for eight successive days. On the ninth, add 1 ounce stick cinnamon, 1 of whole cloves, and 1 of allspice. Scald fruit, vinegar and spices together, and seal up in jars. This pickle should stand two or three months before using.

### *Mangoes of Melons.*

Take green Mangoes and make a brine strong enough to bear up an egg; then pour it boiling hot on the melons, keeping them under the brine; let them stand five or six days, slit them down on one side, take out all the seeds, scrape them well in the inside, and wash them clean; then take cloves, garlic, ginger, nutmeg and pepper; put all these proportionately into the melons, filling them up with mustard seed; then lay them in an earthen pot, and take one part of mustard seed and two parts of vinegar, enough to cover them, pouring it on scalding hot. Keep them closely covered.

in glass jars, and set it in a cool, dark place. Any tart fruit may be put up in this way, and is considered a very good embellishment for cold meats.

### *Spiced Plums.*

Make a syrup, allowing one pound of sugar to one of plums, and to every three pounds of sugar a scant pint of vinegar. Allow one ounce each of ground cinnamon, cloves, mace, and allspice to a peck of plums. Prick the plums. Add the spices to the syrup, and pour, boiling, over the plums. Let these stand three days; then skim them out, and boil down the syrup until it is quite thick, and pour hot over the plums in the jar in which they are to be kept. Cover closely. Let stand three days.

### *Spiced Peaches.*

Pare, stone and halve 9 pounds of peaches. Add 4 pounds of sugar, 1 pint of vinegar, 1 teaspoonful of cloves (whole cloves), 3 or 4 sticks of cinnamon and mace. Let it boil one-half hour, or less if they grow too soft.

## VINEGAR.

### *Home-made Vinegar.*

Fourteen pounds of coarse brown sugar, 10 gallons water, 1 cupful of brewers' or bakers' yeast. Boil the sugar with 3 parts of the water, and skim. Remove from the fire, and pour in the cold water. Strain into a ten gallon keg. Put in some small pieces of toast with the yeast. Stir every day for a week. Then tack gauze over the orifice. Set where the sun will shine on it, and let remain six months, by which time, if made in the spring, it will be vinegar.

Always save all the currants, skimmings, pieces, etc., left after making jelly, place in a stone jar, cover with soft water previously boiled to purify it, let stand several days; in the meantime, take your apple peelings, without the cores, and put on in porcelain kettle, cover with water, boil twenty minutes, drain into a large stone jar; drain currants also into this jar, add all the rinsings from your molasses jugs, all dribs of syrups, etc., and when jar is full, drain off all that is clear into vinegar keg (where, of course, you have some good cider vinegar to



start with). If not sweet enough, add brown sugar or molasses, cover the bung hole with a piece of coarse netting, and set in the sun or by the kitchen stove. In making vinegar always remember to give it plenty of air, and it is better to have the cask or barrel (which should be of oak) only half full, so that the air may pass over as large a surface as possible. Vinegar must also have plenty of material, such as sugar, molasses, etc., to work upon. Never use alum or cream of tartar, as some advise, and never let your vinegar freeze. Paint your barrel or cask if you would have it durable.

### *Apple Vinegar (economical and good).*

Have an earthen jar ready for use. Into this put your apple peelings and cores if good. Cover generously with water. Cover the jar tight, and let stand in cool place. Every day parings may be added, putting on more water each time. When cold tea is left, pour into this jar and also add molasses to the proportion of a cup to a gallon of water. In the course of two or three weeks you will have an excellent vinegar made of nothing. When ready to use, strain through cheese cloth and stand away. This has been tried with good results, and with a little thought economical housekeepers can make enough in one summer to last all winter.

### *Beet Vinegar.*

The juice of 1 bushel of sugar beets, will make from five to six gallons of the best vinegar, equal to cider. Wash the beets, grate them, and express the juice. Put the liquid in an empty barrel, cover the orifice with gauze, and set in the sun. In twelve or fifteen days it will be fit for use.

### *Apple Vinegar.*

Save the sound cores and the parings of apples used in cooking. Put in a jar, cover with cold water; add one-half pint of molasses to every 2 gallons. Cover the jar with netting; add more parings and cores occasionally. This will make good vinegar.

### *Sorghum Vinegar.*

To 1 gallon of the molasses, add four and one-half gallons of water. Mix thoroughly, put in an open headed barrel, following the above

proportions until the barrel is full. Tie a coarse cloth over the top. Place where it is light, and give it heat from seventy to ninety degrees. Occasional stirring will help.

### *Corn Vinegar.*

One quart of shelled corn, 1 quart sorghum or other common molasses, 3 gallons water. Boil the corn in water until half done; put in a jar or into jugs. Fill up with the three gallons of water (boiling hot), and sweetened with the molasses. In two or three weeks it will be excellent vinegar.

### *To Turn Cider into Vinegar.*

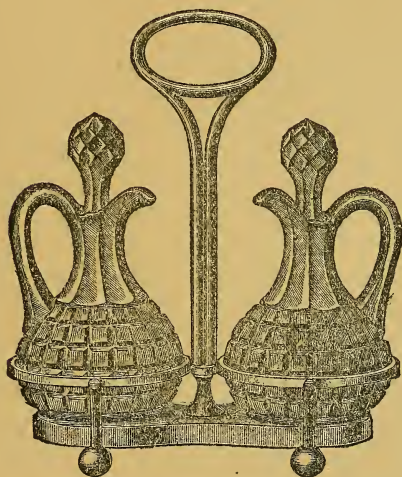
Bring the barrel out of the cellar, and set in the hot sun. Remove the bung and in its place put a glass bottle, inverted to keep out insects, and give the sun a chance to shine in a little. Add a cupful or so of yeast to hasten the process, and if wanted extra sharp, add 2 or 3 quarts of sorghum syrup, or N. O. molasses. A few weeks in the open air will change it, when it may again be removed to the cellar.

### *Spiced Vinegar for Pickles.*

One gallon of vinegar, 1 pound of sugar, 1 tablespoonful of allspice, 3 tablespoonfuls of mustard seed, 3 tablespoonfuls of celery seed, 2 tablespoonfuls of salt, 1 tablespoonful of black pepper, 1 tablespoonful of cinnamon, 1 tablespoonful of mace, 3 onions finely chopped, 1 tea-cupful grated horseradish.



## CATSUPS.

*Ripe Tomato Catsup, (Unrivaled.)*

One-half bushel tomatoes. Boil three hours. Strain out skins and seeds, and add 3 pints vinegar, one-half pound salt, one-fourth pound black pepper, 1 tablespoonful cayenne pepper, 2 tablespoonfuls ground cloves, 4 tablespoonfuls allspice, 2 pounds brown sugar. Boil one hour. Cannot be excelled. Two tablespoonfuls of celery seed is an addition.

*Ripe Tomato Catsup, Sour.*

One gallon ripe tomatoes, 2 tablespoonfuls salt, 4 tablespoonfuls black pepper, 4 tablespoonfuls yellow mustard, one-half tablespoonful

allspice, 1 pint vinegar. Cook well. Strain thin, and boil four hours. Two large onions may be boiled in the catsup and removed whole before bottling.

### *Green Tomato Catsup.*

Seven pounds of green tomatoes, chopped, 1 quart of vinegar, 4 red peppers. Boil together one and a half hours. Then add 1 pound of sugar, brown, 2 tablespoonfuls of mustard, 1 teaspoonful ground cloves, 2 tablespoonfuls of salt, 1 tablespoonful of allspice, 1 tablespoonful of cinnamon. Boil as long as three hours. Put up in bottles or cans, and seal. Serve with meats, excellent.

### *Tomato Soy.*

Take ripe tomatoes, medium sized, prick with a fork, lay in a deep dish, sprinkling each layer well with salt. Let them stand four or five days, then remove and put in vinegar for one night. Drain off the vinegar and to each peck of tomatoes add one-half pint mustard seed, one-half ounce of cloves, and 1 ounce of black pepper. Pack the tomatoes in a jar with a layer of sliced onions to a layer of tomatoes, dredging each liberally with the spices and mustard seed. In ten days they will be ready for the table.

### *Spiced Tomatoes.*

Two pounds of ripe tomatoes, peeled, 1 pound of brown sugar, one-half pint of cider vinegar, 1 dozen cloves, 2 dozen kernels allspice. Put all together in a preserving kettle over a slow fire.

### *Cucumber Catsup.*

Grate large, green cucumbers on a horseradish grater, drain well, salt to taste and pepper strongly, first putting through a sieve to remove seed. Add an abundance of grated horseradish and sufficient vinegar to make the consistence of tomato catsup.

Bottle, keep in a cool place. Very appetizing. May be made without the horseradish, in which case do not season until ready to use, as salt injures the vinegar.

### *Currant Catsup.*

Four pounds nice fully ripe currants, one and a half pounds sugar, tablespoonful ground cinnamon, a teaspoonful each of salt, ground

cloves and pepper, pint vinegar; stew currants and sugar until quite thick, add other ingredients, and bottle for use.

### *Grape Catsup.*

Five pounds of ripe grapes, picked from the stems, 3 pounds of sugar, 1 pint of vinegar, 1 tablespoonful each of cinnamon, pepper and cloves, one-half teaspoonful of salt. Boil the grapes and strain through a sieve to remove seeds and skins. Add the other ingredients and boil until thick.

### *Gooseberry Catsup.*

Nine pounds gooseberries, 5 pounds sugar, 1 quart vinegar; 3 tablespoonfuls cinnamon, one and a half each allspice and cloves. The gooseberries should be nearly or quite ripe. Take off blossoms, wash and put them into a porcelain kettle, mash thoroughly, scald and put through the colander, add sugar and spices, boil fifteen minutes, and add the vinegar cold; bottle immediately before it cools. Ripe grapes prepared by same rule, make an excellent catsup.

### *Mushroom Catsup.*

To each peck of mushrooms one-half pound of salt; to each quart of mushroom liquor one-quarter ounce of Cayenne, one-half ounce of allspice, one-half ounce of ginger, two blades of pounded mace. Choose full grown mushroom flaps. Put a layer in a deep pan, sprinkle with salt; and so on alternately till full. Let remain for a few hours, then break up with the hand; put in cool place for three days, occasionally stirring and mashing well to extract the juice. Put in the above proportion of spices, etc. Put into a stone-jar, cover closely, put in a saucepan of boiling water, set over the fire, and let it boil for three hours. Pour into a jug, where it should stand in a cool place till next day; strain it into dry, clean bottles. Be careful not to shake the contents, but leave all the sediment behind in the jug; cork well.

### *Walnut Catsup.*

Take one hundred green walnuts that are young enough to be pierced easily with a pin. Pierce each in five or six places, put in an earthen vessel, cover with a half pound of salt and 2 quarts of vinegar. Cover and stand aside for six days, mashing and stirring every day. At the end of that time, strain and squeeze every drop of liquor from the



walnuts. Add a half pint of vinegar to the remaining husks, beat them with a potato masher, and squeeze again. Turn all this liquor into a porcelain kettle, add to it 1 ounce of whole peppercorns, forty cloves slightly bruised, a quarter ounce of whole mace, a quarter ounce of nutmeg cut in thin slices, a small root of horseradish cut in slices, 1 blade of garlic chopped, 1 red pepper, a half pound of anchovies, and a quarter ounce of green ginger root cut in slices. Bring this mixture slowly to a boil, cover the kettle closely, and boil slowly a half hour. Then strain, and stand aside to cool. When cold, add 1 pint of port wine; bottle, cork tightly, and seal. This should stand three or four months before using.

### *Oyster Catsup.*

Save the liquor in opening the oysters, and boil it with the beards, a bit of mace and lemon peel. In the meantime throw the oysters into cold water, and drain it off. Strain the liquor, and put it into a saucepan with the oysters, and as much butter, mixed with a little milk, as will make a sufficient quantity of sauce, but first rub a little flour with it. Set them over the fire and stir constantly, and when the butter has boiled once or twice, take them off, and keep the saucepan near the fire, but not on it; for if done too much the oysters will be hard. Add a little lemon juice and serve.



## CANDIES.



Very many candies made by confectioners are made without boiling, which makes them very desirable, and they are equal to the best "French Creams." The secret lies in the sugar used, which is the XXX powdered or confectioners' sugar. Ordinary powdered sugar, when rubbed between the thumb and finger, has a decided grain, but the confectioners' sugar is fine as flour. The candies made after this process are better the day after.

### *Cream Candy.*

Delicious candies may be made from the white of an egg and a tablespoon of cream or cold water lightly beaten together. Into this the sugar should be stirred until it is the consistence of stiff dough. Work until smooth, form into small balls the size of a cream chocolate, stand on greased paper, and put in a cool dry place to harden (about two hours).

A variety of flavors may be used, and the candy may be colored with the usual materials used for coloring rose and orange cake.

### *Almond Creams.*

Roll the blanched almonds in some of the cream candy, then in a little granulated sugar, to give them a glossy appearance; or, mould the cream in thick lozenge form and press a nut on top of each one.

### *Chocolate Creams.*

Put a half pound of chocolate into a small, bright, tin basin, and stand it over the tea kettle or boiling water to melt, then stand it in a basin of boiling water to prevent its cooling while you dip the creams. Place one ball on the end of a fork, dip it down into the melted chocolate, see that it is thoroughly covered, lift it up, drain, scrape off the fork on the side of the basin, then slide the cream chocolate back on the greased paper, and so continue until all are dipped. Stand in a cool place over night, and they are ready to use.

### *Cream Dates.*

Remove the stones from the large dates, make the cream as directed in preceding recipe. Roll a tiny bit into a long roll, put it in the date where you remove the stone, press the two halves together, so that the white cream will show between. Roll the whole in granulated sugar, and stand away to harden.

### *Cream Cherries.*

Make precisely the same as cream dates.

### *Cocoanut Candy Quickly Made.*

Grate the meat of a cocoanut, and having ready 2 pounds of finely sifted white sugar, the beaten whites of 2 eggs, and the milk of the nut; simply mix all together, and make into little cakes. In a short while the candy will be dry enough to use, and found to be as good as if boiled.

### *Fig Candy.*

Grease a square, shallow pan well with butter. Boil 2 pounds of sugar and 1 cup of water together without stirring (after the sugar melts) until it hardens and becomes brittle when dropped in cold water; then add a tablespoonful of lemon juice, and pour over the figs, having first washed and opened them. When nearly cold, mark out in narrow strips with a knife.

### *Nut and Fruit Creams.*

Make the cream candy as before directed, knead and roll out in a sheet one-half inch thick, and place the nut meats (almonds, English walnuts, or halves of hickory nut meats) in rows one-half inch apart each way; press down, cut in squares with a nut in each square. Flavor with vanilla. Let harden before using. Fruits of any kind, dates, figs cut in halves, cherries dried in sugar, or raisins (stoned), may be prepared in the same manner. Serve the fruit and nut creams mixed. The nuts or fruits may be rolled separately in the cream candy. Then roll the cream in granulated sugar, to impart a glistening appearance.

### *Peppermint Drops.*

Take 1 pound of dry granulated sugar, place in a granite kettle; add one-half cup of water and let it come almost to a boil by continually stirring; remove from the fire as soon as its bubbles rise. Allow the syrup to cool a little, stirring all the time; add strong essence of peppermint to suit the taste, and drop on tins or sheets of smooth white paper.

### *Stick Candy.*

Take 1 pint of granulated sugar, 1 cupful of water, half a teaspoonful of cream tartar, 1 small spoonful of butter. Boil without stirring twenty-five minutes, or until crisp when dropped in water. Just before taking from stove add half a teaspoonful of soda. Pour upon platters to cool, and pour 2 teaspoonfuls of lemon or any flavoring over the top. When partly cool, pull until very white. Draw into sticks the size you wish, and cut off with shears in any form desired. It may be colored if desired.

### *Molasses Candy.*

One cup of New Orleans molasses, 1 cup of brown sugar, 1 tablespoon of vinegar, 1 ounce of melted butter. Mix all together and boil without stirring until it hardens when dropped in cold water; then add a teaspoonful of baking soda, and pour into buttered tins.

Or, when cool, pull and cut in sticks. While pulling, brush the hands with butter or moisten them with ice water. The longer it is pulled, the whiter and nicer it will become, both in color and taste.

*Walnut Molasses Candy.*

Make a plain molasses candy, and when done, grease deep, square pans with butter, fill nearly full with walnut kernels, pour the molasses candy over them, and stand away to cool.

*Peanut Molasses Candy.*

Peanut molasses candy is made precisely the same as walnut molasses candy.

*Taffy.*

One-half pint of water, 3 ounces of butter, one-half teaspoonful of lemon juice, 2 teaspoonfuls of vanilla, one and one-half pounds of sugar, (confectioners' A). Stir the water and sugar over the fire until the sugar is dissolved, then boil until it arrives at the ball stage; that is, when small quantity is cooled in water and rolled between the thumb and finger, it forms a soft ball. Now add the butter and lemon juice and boil to the "crack," that is, it hardens quickly when dropped in cold water, and will not stick to the teeth. Add the vanilla, and turn out in greased shallow pans to cool.

*Vinegar Candy.*

Three cupfuls sugar, one-half cupful water, one-half cupful vinegar. Stir before putting on the stove, but not after. When partly done add 1 teaspoonful of butter. Just before removing from the stove, stir in one-half teaspoon soda dissolved in a few drops of hot water. When cool enough to handle, pull white with the tips of the fingers.

*Maple Candy.*

One cupful granulated sugar, one and one-half cupfuls maple syrup, butter the size of a walnut. Cook until it hardens.

*Tutti-Frutti Cream Candy.*

Three cupfuls white sugar, one-half cupful water, 1 tablespoonful vinegar. Boil ten minutes, then add 1 cupful grated fresh cocoanut or the desiccated. Boil ten minutes longer, remove from fire and stir in 1 pound of fresh chopped figs or nut meats, half and half with the figs. Drop by spoonfuls on buttered paper or in fancy moulds, or pour in shallow pans and cut in squares while cooling. Raisins may be mixed



*Chocolate Caramels.*

One cupful yellow sugar, 2 cupfuls molasses, boil ten minutes, add 1 tablespoonful flour, butter the size of an egg, and one-half pound grated chocolate; boil twenty minutes longer. Pour in buttered tins, and when cool, mark off in squares, vanilla flavoring.

*Pop Corn Balls.*

Take one pound of refined sugar and boil until it becomes waxy. A convenient quantity of the freshly popped corn having been placed in a milk pan, enough of the warm syrupy candy is poured on and mixed by stirring, to cause the kernels to adhere in a mass, portions of which may be formed into balls by pressing them into the proper shape with the hands. Ordinary molasses, or sugar-house syrup may be used as well, by being boiled to the same degree. New Orleans molasses is prepared by many.

*Horehound Candy.*

Boil 2 ounces of dried horehound in a pint and a half water for about half an hour; strain and add three and a half pounds brown sugar. Boil over a hot fire until it is sufficiently hard, pour out in flat, well-greased tin trays, and mark into sticks or small squares with a knife, as soon as it is cool enough to retain its shape.

*Lemon Candy.*

Take a pound loaf sugar and a large cup water, and after cooking over a slow fire half an hour, clear with a little hot vinegar, take off the scum as it rises, testing by raising with a spoon, and when the "threads" will snap like glass pour into a tin pan, and when nearly cold mark in narrow strips with a knife. Before pouring into the pans, chopped cocoanut, almonds, hickory nuts, or Brazil nuts cut in slices, may be stirred into it.

*Hickory-nut Macaroons.*

Take meats of hickory nuts, pound fine and add mixed ground spice and nutmeg; make frosting as for cakes, stir meats and spices in, putting in enough to make it convenient to handle; flour the hands and make the mixture into balls the size of nutmegs, lay them on buttered tins, giving room to spread, and bake in a quick oven. These are delicious.

## FOOD FOR INVALIDS.

Dainty service and delicate china will often tempt an invalid more than the food.

Let the napkins be clean and the tray covered, unless a fancy tray. Don't let the patient wait too long.

Never send rich food. If broths are too rich, let cool and skim grease off and then re-heat and serve.

You should vary the seasoning of food for the sick according to the condition of the patient; one recovering from illness can partake of a small piece of roast mutton, chicken, rabbit, game, fish, simply dressed, and simple puddings, all of which are light food and easily digested. The invalid, as a rule, will be more likely to enjoy any preparation sent to him if served in small delicate pieces. There are so many small, dainty dishes that can be made for this purpose it seems useless to try to give more than a small variety of them.

### *Tapioca Jelly.*

Wash the tapioca carefully in two or three waters, then soak it for five or six hours, simmer it then in a stewpan until it becomes quite clear, add a little of the juice of a lemon, wine if desired.

### *To Make Gruel.*

One tablespoonful of Robinson's patent groats, 2 tablespoonfuls of cold water, 1 pint of boiling water. Mix the prepared groats smoothly with the cold water in a basin; pour over them the boiling water, stirring it all the time. Put it into a very clean saucepan; boil the gruel for ten minutes, keeping it well stirred; sweeten to taste, and serve. It may be flavored with a small piece of lemon peel, by boiling it in the gruel, or a little grated nutmeg may be put in; but in these matters the taste of the patient should be consulted. Pour the gruel in a tumbler and serve.

When wine is allowed to the invalid, 2 tablespoonfuls of sherry or port make this preparation very nice. In cases of colds, the same quantity of spirits is sometimes added instead of wine.

### *Mutton and Veal Broth.*

Is frequently ordered as a preparation for invalids. For the sick room such broth must be made as plainly as possible, and so as to secure the juice of the meat. Boil slowly a couple of pounds of lean mutton or veal for two hours, skim it very carefully as it simmers, and do not put in very much salt. If the doctor permits, some vegetable as seasoning may be added, and for some broths a little fine barley or rice is added. It can be served with crackers.

### *Beef Tea.*

One pound of lean beef, cut into small pieces. Put into a jar without a drop of water; cover tightly, and set in a pot of cold water. Heat gradually to a boil, and continue this steadily for three or four hours, until the meat is like white rags, and the juice all drawn out. Season with salt to taste, and when cold, skim.

### *Chicken Broth.*

Take the first and second joints of a chicken, boil in 1 quart of water till very tender, and season with a very little salt and pepper.

### *To Remove Grease from Broths.*

After pouring in dish, pass clean white wrapping paper quickly over the top of the broth, using several pieces, till all grease is removed.

### *Broiled Chicken, Quail, Squirrel or Woodcock.*

Any of these must be tender. Take the breast of the first two, or the thighs of the others; place on hot coals or on a broiler, turning often to prevent burning. When done, remove the burned parts, if any, season slightly with butter, pepper and salt, and serve at once.

### *Dried Beef Broth.*

Slice dried beef very thin and cover with boiling water. Set back on the stove, closely covered, for one-half hour. Season with small lump of butter and pinch of pepper. Serve with crackers or bread cut in dice.

### *Roasted Potatoes.*

Select large potatoes, and roast them in hot ashes. When done, press firmly in a cloth with the hand; then take the inside out on a plate and season lightly with butter.

### *Vegetable Soup.*

Two tomatoes, 2 potatoes, 2 onions and 1 tablespoon rice; boil the whole in 1 quart of water for one hour, season with salt, dip dry toast in this till quite soft, and eat; this may be used when animal food is not allowed.

### *Milk Porridge.*

Dissolve 1 teaspoon of flour in a little cold water. Heat half pint milk and half pint water to boiling and stir in dissolved flour. Boil a few minutes till it thickens. Salt to taste.

### *Onion Gruel.*

Is excellent for cold. Slice down a few onions and boil them in a pint of new milk, stir in a sprinkle of oatmeal and a very little salt, boil till the onions are quite tender, then sup rapidly and go to bed.

### *Arrowroot Wine Jelly.*

One cup boiling water, two heaping teaspoonsful arrowroot, two heaping teaspoons white sugar, one tablespoonful brandy *or* three tablespoonful of wine. An excellent corrective to weak bowels.

### *Port Wine Jelly.*

Melt in a little warm water an ounce of isinglass; stir it into a pint of port wine, adding two ounces of sugar candy, an ounce of gum-arabic, and half a nutmeg, grated. Mix all well and boil ten minutes; or till everything is thoroughly dissolved. Then strain it through muslin and set it away to get cold,

### *Graham Gems.*

Mix graham flour with half milk or half water, add a little salt, beat, making the batter thin enough to pour; having the gem pan very hot, grease it, fill as quickly as possible and return immediately to a hot oven; bake about thirty minutes. Practice will teach just the proper consistence of the batter, and the best temperature of the oven. It will not be good unless well beaten.

*Chicken Jelly.*

Cook the chicken until meat will separate from bone; season. Remove skin and bones and put in a mold using chopped giblets. Dissolve 1-8 of box of Cox's Gelatine, and a little lemon juice, and boil in the water in which chicken was boiled until very much reduced. Pour over chicken in mould and let cool. Slice in thin pieces and serve with lemon.

*Tapioca Jelly.*

Wash the tapioca carefully in two or three waters, then soak it for five or six hours, simmer it then in a stewpan until it becomes quite clear, add a little of the juice of a lemon, wine if desired.

*Barley Water.*

Put a large tablespoonful of well-washed pearl barley into a pitcher; pour over it boiling water; cover it, and let it remain until cold; then drain off the water, sweeten to taste, and if liked, add the juice of a lemon, and grated nutmeg.

*Toast Water.*

Slices of toast, nicely browned, without a symptom of burning, enough boiling water to cover them. Cover closely and let them steep until cold. Strain the water, sweeten to taste, and put a piece of ice in each glassful.

*Fellice.*

One-half teaspoon of currant, lemon or cranberry jelly put into a goblet, beat well with 2 tablespoons water, fill up with ice water, and you have a refreshing drink for a fever patient.

*Fever Drink.*

Pour cold water on wheat bran, let boil half an hour, strain, and add sugar and lemon juice. Pour boiling water on flaxseed, let stand till it is ropy, pour into hot lemonade and drink.

*Panada.*

Take 2 richest crackers, pour on boiling water, let stand a few minutes, beat up an egg, sweeten to taste, and stir all together; grate in nutmeg and add brandy or wine to suit the invalid. Or, break in a pint



bowl toasted bread and pour over boiling water, adding a small lump of butter, 2 tablespoons wine, brandy or whisky; sweeten to taste, and flavor with nutmeg or cinnamon.

### *Tapioca Cup Pudding.*

This is very light and delicate for invalids. An even teaspoonful of tapioca, soaked for two hours in nearly a cup of new milk; stir into this the yolk of a fresh egg, a little sugar, a grain of salt, and bake it in a cup for fifteen minutes. A little jelly may be eaten with it.

### *Baked Apples.*

Get nice fruit, a little tart and juicy, but not sour; clean them nicely, and bake in a moderate oven—regulated so as to have them done in about an hour; when the skin cracks and the pulp breaks through in every direction, they are done and ready to take out. Serve with white sugar sprinkled over them.

### *Soft Toast.*

Brown a slice of bread nicely over the coals, dip in hot water slightly salted, butter, and lay on the top an egg that has been broken into boiling water, and stand until the white has hardened; season the egg with a bit of butter and a sprinkle of salt.

### *Plain Milk Toast.*

Cut a thin slice from a loaf of bread, neither stale nor yet new, toasted very quickly, pour upon it 3 tablespoonfuls of boiling milk or cream, pleasantly salted. Jelly can often be served with this toast as an appetizer.

### *Prepared Flour.*

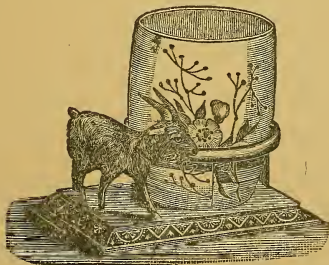
Take a double handful of flour, tie up tightly in cloth and put in a kettle of boiling water; boil from three to six hours, take out, remove the cloth, and you will have a hard, round ball. Keep in a dry, cool place, and when wanted for use, prepare by placing some sweet milk (new always preferred) to boil, and grating into the milk from the ball enough to make it as thick as you desire, stirring it just before removing from the stove with a stick of cinnamon; this gives it a pleasant flavor; put a little salt into the milk. Very good for children having summer complaint.

### *Broiled Beefsteak.*

Many times a small piece of "tenderloin" or "porterhouse" is more wholesome, for an invalid, than broths and teas; and with this may be served a potato, roasted in the ashes, dressed with sweet cream (or a little butter) and salt, or nicely cooked tomatoes. Have the steak from half an inch to an inch thick, broil carefully two or three minutes over hot coals, turning often with a knife and fork, so as not to pierce it. When done, put on a small dish, season slightly with salt and pepper, and a small bit of butter, garnish with the potato, and serve hot.

### *Oyster Stews.*

Remove all bits of shell from a half dozen fresh, select oysters, place in a colander, pour over a teacup of water, drain, place liquor drained off, in a porcelain lined saucepan, let come to boiling point, skim well; pour off into another heated dish, all except the last spoonful which will contain sediment and bits of shell which may have been overlooked, wipe out saucepan, return liquor, add oysters, let come to the boiling point, add a small lump of butter, a teaspoon of cracker dust, a very little cayenne pepper and salt, and a half teacup fresh, sweet cream.



## WEIGHTS AND MEASURES.

The following table of weights and measures will be useful, and they have the merit of being correct.

Butter the size of an egg = 2 ounces.

Butter the size of a walnut = 1 ounce.

One solid pint of chopped meat = 1 pound.

Eight or ten eggs = 1 pound.

One coffee cupful of butter, pressed down = one-half pound.

Four teaspoonfuls = 1 tablespoonful liquid.

One tablespoonful of soft butter, well rounded = 1 ounce.

Four tablespoonfuls or half a gill = 1 wineglass.

Two wineglasses or half a cup = 1 gill.

Two gills = 1 coffee cupful.

Two coffee cupfuls = 1 pint.

Two pints = 1 quart.

Four quarts = 1 gallon.

Two tablespoonfuls liquid = 1 ounce.

One tablespoonful of salt = 1 ounce.

Sixteen ounces = 1 pound, or a pint of liquid.

One rounded tablespoon of flour = one-half ounce.

Three cups of corn meal = 1 pound.

One and one-half pints of corn meal = 1 pound.

Four coffee cupfuls of sifted flour = 1 pound.

One quart of unsifted flour = 1 pound.

One pint of granulated sugar = 1 pound.

Two coffee cupfuls of powdered sugar = 1 pound.

One pint of brown sugar = thirteen ounces.

Two and a half cups of powdered sugar = 1 pound.







































## WHEN FOOD IS IN SEASON.

Apples are in season all the year; cheapest from August until spring.

Artichokes (Jerusalem) are ready for use in September.

Asparagus from the first of May until middle of June.

Bass, of which there are a dozen varieties, at all times of the year.

Beans, string, June to November; Lima, from July throughout the year.

Beef is good at all seasons of the year.

Beets from June through the year.

Blackberries from July to September.

Blue fish, a popular fish on the sea coast, from June to September.

Brant, a choice wild fowl, April and May, and September and October.

Bream, a fish sometimes known as dace, in the winter months.

Broccoli, a kind of cabbage, from September to November.

Buckwheat cakes in cold weather.

Butternuts ripen in September.

Cabbage, May and June, and lasts through the winter.

Carrots from the South, in May, and last until November.

Cauliflower from June until spring.

Celery from August to April, but it is better after being touched by frost.

Checkerberry in winter and spring.

Cheese all the year round.

Cherries from the South in May, and continue till August.

Chestnuts after the first severe frost.

Chocolate is best in cold weather on account of its richness.



Chub, a fresh water fish, in fall and winter.

Clams from May until September.

Conger eels from November to April.

Corn, green, from June to September.

Crabs from June to January, but are more wholesome in the cold months.

Cranberries from September to April.

Cucumbers in the South, April; in Middle States, June to November.

Currants, green, June to July; ripe, July to August.

Damsons, a small black plum, July to December.

Doves, the turtle, one of the best game birds, in August and September.

Ducks, domestic, are best in June and July. Wild in spring and fall.

Eels from April till November.

Eggs are always in season, but are cheap in spring, and high in winter.

Elderberries, August and September.

Fish, as a rule, are in the best condition just before spawning.

Geese, wild, from October to December; tame, at four months old.

Gooseberries from June to September.

Grapes from September till winter.

Guinea fowl, best in winter when they take the place of partridges.

Haddock from November till December, and June and July.

Halibut in season all the year.

Herring from February to May.

Herbs for seasoning should be gathered just as they begin to flower.

Horseradish is always in season.

Lamb in March, but from June to August is best as well as cheapest.

Lemons arrive fresh from the West Indies in winter.

Lobsters are plentiful in market, except in winter months.

Mackerel from May through the summer.

Mushrooms are most plentiful in August and September.

Muskmelons from July to the middle of September.

Mutton is in season all the year, but is not so good in the fall, the meat being drier and strong flavored.

Onions, new, large, from the Bermudas about May 1st, and from the South in June, and those of home raising in the Middle States the middle of July.

Oranges from Florida and West Indies are in market from October until April; those from the Mediterranean from January until May. The Florida oranges are best and largest.

Oysters are in season from September to May; May, June and July being the spawning months.

Partridges, pheasants or ruffed grouse, are in season in most markets from September to January, but are best in October and November.

Pawpaws are ripe about the middle of September.

Peas, green, reach markets from Bermudas about May 1st; from the South May 15; home grown in the Middle States about June 15.

Peaches come from the Bermudas May 1; from the South July 1; and are plenty in market from August to November.

Pears which are best for eating, are in season from August to October.

Pickrel is best from September to March.

Pigeons, wild, are plentiful in September and October.

Pork should never be eaten in warm weather.

Potatoes, new, arrive from the Bermudas about April; from the South June to July, and are plentiful in July and August.

Potatoes, sweet, are in season from August to December, after which they lose their flavor.

Prairie chickens in season from August to October.

Prunes arrive fresh from December to May.

Pumpkins are in season from September to January.

Quail (often called partridge in the South) from November and December.

Quinces are in season from October to December.

Rabbits are in best condition in November, but are in season from September till January, and in the North later, until the breeding season begins.

Radishes are in season from April till cold weather.

Rail, an excellent little game bird, is best in September and October.

Raspberries are in market from the middle of June till September.

Reed birds are best in September and October.

Rhubarb from April to September.

Salmon from March till September.

Shad appear in market from February 20 to June.

Smelts are abundant from October to April.

Snipe are in market from March 20 to April 20, and again in October.

Spinach is the earliest vegetable used for greens, and is continued through the season by providing a succession of crops.

Squash, summer, from June to August; winter, from August through the winter.

Strawberries from the South appear as early as April 1, but are not plentiful until June, and the season is over in July.

Sturgeon from April to September.

Suckers from October to April.

Tomatoes are not plentiful in Northern markets before June.

Trout, brook, are in season from March till August; lake trout from October to March. Mackinaw trout in winter months.

Turkeys are best in fall and winter, though in market at all seasons.

Turnips, new, are in market about June 1, and last through the year.

Turtles are in market from May to winter.

Veal is in season except in hot weather, when it keeps badly.

Venison from the buck is best from August to November, from the doe, from November to January.

Watermelons are in season from July to October.

Woodcock is in season from July to November, but is best in October.

## HEALTH SUGGESTIONS.

*Worms.*

A child may frequently be relieved from worms by the administering of an injection. A little *cina* is the principal remedy. It can be given in homœopathic doses prescribed by a physician, to great advantage.

*For a Cold in the Head.*

Camphor is the best remedy for the first symptoms. If there is nothing convenient but the ordinary spirits of camphor, put one or two drops upon a lump of sugar and dissolve the sugar in a tumbler half full of water, and give a teaspoonful every two hours.

*Teething.*

The period of teething is one fraught with considerable danger to the infant. Teeth-cutting generally begins between the ages of five and seven months. It is indicated by redness, heat, and tenderness of the gums. Sometimes there is fever, fretfulness, disturbed sleep. More frequent discharges from the bowels.

*General Treatment.*—When the gums are hot and swollen, and especially if there is a determination of blood to the head, with twitching of the muscles, the gum should be lanced immediately over the tooth; this will generally relieve the symptoms. The child may be allowed to bite upon some hard substance, as an ivory ring.

*Aconite* may be given when there is much fever, with restlessness and pain; the child cries and starts.

*To Cure Toothache.*

The worst toothache, or neuralgia coming from the teeth, may be speedily and delightfully ended by the application of a bit of clean cotton, saturated in a solution of ammonia, to the defective tooth. Sometimes the late sufferer is prompted to momentary laughter by the application, but the pain will disappear.

*Cure for Rheumatism and Bilious Headache.*

Finest Turkey rhubarb, half an ounce; carbonate magnesia, one ounce; mix intimately; keep well corked in glass bottle. *Dose:* One teaspoonful, in milk and sugar, the first thing in the morning; repeat till cured. Tried with success.

## TIME TABLE FOR COOKS.

- Asparagus, boiled, fifteen to thirty minutes.  
Beans, (pod) boiled, one hour.  
Beans with green corn, boiled, forty-five minutes.  
Beef, roasted, twenty-five minutes.  
Beefsteak, broiled, fifteen minutes.  
Beefsteak, fried, fifteen minutes.  
Beef salted, boiled, thirty-five minutes.  
Bass fresh, broiled, twenty minutes.  
Beets young, boiled, two hours.  
Beets old, boiled, four hours and a half.  
Bread, corn, baked, forty-five minutes.  
Bread, wheat, baked, one hour.  
Cabbage boiled, one hour.  
Cauliflower boiled, one to two hours.  
Cake sponge, baked, forty-five minutes.  
Carrot orange, boiled, one hour.  
Cheese old, raw.  
Chicken, fricasseed, one hour.  
Codfish dry and whole, boiled, fifteen minutes.  
Custard (one quart), baked, thirty minutes.  
Duck, tame, roasted, one hour and a half.  
Duck, wild, roasted, one hour.  
Dumpling apple, boiled, one hour.  
Eggs hard, boiled, ten minutes.  
Eggs soft, boiled, three minutes.  
Eggs fried, five minutes.  
Fowls domestic, roasted or boiled, one hour.



Gelatine, boiled.  
Goose wild, roasted, twenty minutes.  
Lamb, boiled, twenty minutes.  
Meat and vegetables, hashed, thirty minutes.  
Mutton, roasted, twenty-five minutes.  
Mutton, broiled, twenty minutes.  
Onions, boiled, one to two hours.  
Oysters, roasted.  
Oysters, stewed, five minutes.  
Parsnips, boiled, one hour.  
Pigs feet, soused.  
Pork, roast, thirty minutes.  
Pork, boiled, twenty-five minutes.  
Pork, broiled, twenty minutes.  
Potatoes, boiled, thirty minutes.  
Potatoes, baked, forty-five minutes.  
Potatoes, roasted, forty-five minutes.  
Rice, boiled, twenty minutes.  
Salmon fresh, boiled, eight minutes.  
Sausage, fried, twenty-five minutes.  
Sausage, broiled, twenty minutes.  
Soup, vegetable, boiled, one hour.  
Soup, chicken, boiled, two hours.  
Soup, oyster or mutton, boiled, three hours and a half.  
Spinach, boiled, one to two hours.  
Tapioca, boiled, one hour and a half.  
Tomatoes, fresh, one hour.  
Tomatoes, canned, thirty minutes.  
Trout, salmon, fresh, boiled or fried, thirty minutes.  
Turkey, boiled or roasted, twenty minutes.  
Turnips, boiled, forty-five minutes.  
Veal, broiled, twenty minutes.  
Venison steak, broiled, twenty minutes.

The time given is the general average; the time will vary slightly with the quantity of the article.

## THE NURSERY.

It is not the intention of the author to make this a complete guide for mothers in caring for their little ones, but to give a few simple suggestions which may be worth dollars to the mothers in times of need. We advise all mothers and especially young ones, to have in their library a complete medical book, treating not only of infants but of the sick room and hygiene in general.

### THE INFANT.

The clothing of infants should be such as will allow full play to their limbs, and be thick enough to protect and keep them warm. Flannel is the best material of which to make underclothes for infants. The clothing should be light, so as not to encumber the child, and should be simple, so that it may be easily taken off and put on, and should be loose, so as to leave room for growth and expansion of the form.

"Give the baby a drink of water six times a day," was one of the most important messages ever sent over the telegraph wires to a young mother.

Everything depends upon the start an infant has in life. "As we bend the twig, so will the tree incline." Don't begin by rocking it to sleep. It will rest much easier if this is omitted. A lady with whom I am personally acquainted, and whose address I will willingly give, has been so successful in the bringing up of her two babies, I must mention her in these pages.

Her little girl now two and a half, still keeps up the habit of going to bed at eleven A. M. and sleeping until two P. M. She plays until half-

past five when a light supper is given her and she goes to bed singing. She wakens at six in the morning, but plays until her mamma goes into the nursery after her. Callers are astonished when a baby is mentioned, for no one would know a baby was in the house. This was accomplished by earnest persistence, and although she is much fondled and loved by all, yet no one's work is interfered with. Her boy now seven, goes to bed at eight, without a murmur—and in a dark room, for his little sister sleeps in her little bed by the side of his bed, and a light would waken her. It is not too late when they are a year or so old, if you can stand a little crying, but if you begin it, stick through it even if you stop your ears, for if you once give up, it will be the harder next time. Be sure the little one is not hungry or wet, fix it comfortably in bed, kiss it all you want, and then leave it. If it climbs out of bed go in without saying a word and fix it again and again. Each day will be easier, soon the crying will cease, and it will sleep.

Great care should be taken to shade a baby's eyes from the light. If a strong light shines directly in its face, it often produces ophthalmia, an inflammation of the eyelids, which is troublesome and dangerous. A few drops of breast milk, applied to the eye and worked under the lid, is very healing to sore lids.

### *Croup—No. 1.*

Take sweet hog's lard and tincture of camphor or camphor gum and simmer together a short time; gum the size of a pea to a tablespoon of lard; keep it in the house prepared, and rub on the throat at first symptom.

Croup can be cured in one minute, and the remedy is simply alum and molasses. The way to accomplish this deed is to take a knife or grate and shave off in small particles about a teaspoonful of alum; then mix it with twice its quantity of molasses, to make it palatable, and administer it as quick as possible. Almost instantaneous relief will follow by vomiting.

### *Croup—No. 2.*

A lady writer of professional experience gives the following advice to mothers whose children have the croup: First get a piece of chamois skin, make a little bib, cut out the neck and sew on tapes to tie it on:

then melt together some tallow and pine tar; rub some of this in the chamois and let the child wear it all the time. My baby had the croup whenever she took cold, and since I put on the chamois I have had no more trouble. Renew with tar occasionally.

### *Cure for Cough or Hoarseness.*

One of the best remedies for coughs, colds, and particularly for hoarseness, is made as follows: Wet a piece of cotton batting on the inside, wrap it around a lemon, and cover with ashes and coals to roast as you would roast a potato; let it roast from fifteen to twenty minutes, take out, clip off one end, squeeze out the juice, and strain it through a thin cloth to remove any seeds or particles of pulp. There will be from four to five teaspoonfuls of juice, which mix with an equal quantity of strained honey (to strain—warm and strain through a thin cloth); or, instead of honey add three teaspoons of granulated sugar, place the cup in a pan of hot water, set on the stove until sugar is dissolved. Take one or two teaspoonfuls every hour, or after a spell of coughing. For a child add a larger proportion of honey and sugar, and give a quarter teaspoonful every two hours.

### *The Ear.*

Never put cotton in the ear for any length of time, as it has been demonstrated that the continued use of cotton in the ear will cause deafness.

### *Nose Bleed.*

Take a small piece of coarse brown paper, let the patient moisten it with saliva and place in the roof of the mouth, and hold it there with the tongue. This is effectual.

### *To Expel Substances from the Nose.*

When a bean, a grain of coffee or like substance becomes lodged in the nose,—place your open mouth to that of the child and blow with all your might. If this fails to expel the substance, get a doctor.

### *Protection from Cold.*

Never let the little children go out of doors in winter without being warmly clad. They lose heat rapidly, and easily contract the throat and

lung affections. Every child should have full suits of underclothing; and especially let the legs and ankles be well protected with thick stockings and leggins.

The care of the feet is the greatest picket post after the child begins to run alone. Watch well the little feet that no damp or chill is creeping up to chill the vitals. A pair of warm stockings to each pair of restless feet must be kept by the stove in all damp or cold weather, and never let a child stop a moment its active play until you know whether its feet are warm and dry.

No child should go to bed hungry, but food taken near the hours of sleeping should be of the simplest nature—a cracker, a bit of bread, or a glass of milk.

### *Whooping-Cough Cure, No. 1.*

Olive oil, 2 ounces; Jamaica rum, 2 ounces; brown sugar, 2 ounces; laudanum, 1 drachm. Melt the sugar in a little water and add the other ingredients. Give a teaspoon after every paroxysm.

After the third week of whooping cough, put 1 ounce strongest liquid ammonia in a gallon of boiling water, in an open pan. Keep up the steam by putting in a red hot brick. Place in the center of the room where the patient is. This will frequently terminate the malady in three or four days. Try it each night until relieved.

*What to do.*—The commencement of whooping cough, for the first ten days give the following prescription: Take of fluid extract of Belladonæ, thirty drops; Tincture Opii Camp., one ounce; Syrup of Aurantii, two ounces. Mix.—Give from four to eight teaspoonfuls in twenty-four hours, to a child three years old.

If the child is not weaned, keep him entirely to the breast; if he is weaned, to a milk and farinaceous diet. Confine him for the first ten days to the house, more especially if the whooping-cough is attended, as it usually is, with more or less bronchitis. But take care that the rooms are well ventilated. After ten days use the above.

### *For Vermin in Children's Heads.*

Powdered cevadilla one ounce, powdered staves-acre one ounce, powdered pansy seed one ounce, powdered tobacco one ounce. Mix well and rub among the roots of the hair thoroughly.



### *To Cleanse a Nursing Bottle.*

Take small rolls of brown paper and wet and soap them well. Put in bottle with warm water and shake well, or a handful of shot will serve equally as well. Either of these will remove all particles or substances from bottles or decanters, and make them like new. The shot can be saved and used innumerable times.

### *Chafing.*

The want of water, inattention, and want of cleanliness are the usual causes of chafing. The chafed parts ought to be well and thoroughly sponged with tepid rain water—with a pinch of baking soda dissolved in it and sprinkle the chafed parts with fuller's earth, which can be procured at any drugstore.

### *Diarrhæa.*

Stir lightly into a teacupful cold water the white of one egg not beaten. This forms a coating on the stomach, and is also nourishing, and is good in any disease where patient cannot eat. Another delicate preparation for a weak stomach is slippery elm gruel. Mix fine slippery elm flour with cold water, then stir into boiling till thickness of gruel. Charcoal crackers are of great value in assisting digestion.

In this disease the most important item is absolute quiet on a bed. Bits of ice may be eaten and swallowed at will, but drink little liquid of any kind. If compelled to be on the feet, bind a strong piece of woollen flannel tightly around the abdomen, having it doubled in front. For diet, use rice parched like coffee, boiled and eaten with a little salt and butter. Some advise making a tea of it, and also using boiled milk and mutton broth, with crisp white crackers for children.

### *Diphtheria.*

For the first two or three days, while the fever runs high, keep the patient in bed, put him on a low diet, tea, arrowroot, etc. Apply to his throat, every four hours, a warm bran and oatmeal poultice. If he is old enough to have the knowledge to use a gargle, the following will be found serviceable:

Take of—Permanganate of Potash, pure, 4 grains; water, 8 ounces. If not old enough, swab.

Another good remedy is a few drops of tincture of iron. A little alcohol and borax mixed.

Sleeplessness, caused by too much blood in the head, may be overcome by applying a cloth wet with cold water to the back of the neck.

Wind colic is relieved by peppermint essence, taken in a little warm water. For small children it may be sweetened. Paregoric is also good.

For stomach cramps, ginger ale or a teaspoonful of the tincture of ginger in a half glass of water in which a half teaspoonful of soda has been dissolved.

Sickness of the stomach is relieved by drinking a teacupful of hot soda and water. If it brings the offending matter up, all the better.

### *To Harden Nipples.*

Bathe with a preparation of one-half ounce liquid tannin and two ounces glycerine, for three or four months before confinement, once or twice a day.

### *For Sore Nipples.*

Bathe in Pond's extract. The nipple need not be washed off before nursing. Or, to the well beaten white of an egg add a few drops of tannin, mix thoroughly, and bathe. Make fresh every day or two.

### *To Stop Bleeding.*

Apply wet tea leaves, or scrapings of sole leather to a fresh cut and it will stop bleeding, or apply a paste of flour and vinegar.

### *To Stop Bleeding at the Nose.*

Bathe the feet in very hot water, drinking at the same time a pint of cayenne pepper tea, or hold both arms above the head.

### *For Dressing Cuts, Wounds or Sores.*

Surgeon's solution of carbolic acid and pure glycerine mixed in equal parts, and applied on soft lint or linen cloth.

### *Dirt in the Eye.*

To remove specks of dirt from the eye, immerse the eye in cool water, then wink and roll the eyeball until the desired result is accomplished. Or, put one or two flaxseeds on the ball of the eye, and close the eye for a moment; the seeds will gather all foreign matter and gradually work themselves out.

*Hoarseness.*

It is said hoarseness may be relieved by using the white of an egg, thoroughly beaten, mixed with lemon juice and sugar. Take a teaspoonful occasionally.

*Burns and Bruises.*

Apply peach tree leaves, the smooth side next the skin, and bind them on. For burns, when there is danger of mortification, or even if it has already set in, bind on strips of cloth dipped in clean tar.

*Salve for Cuts and Burns.*

To one-half pound of sweet lard add one-fourth pound of beeswax and the same of resin; beat all together till well mixed; pour in a little tin box. Apply a little to the wound on a soft cotton cloth.

*Ivy Poisoning.*

A simple and effectual remedy for ivy poisoning, is said to be sweet spirits of nitre. Bathe the affected parts two or three times during the day, and the next morning scarcely any trace of the poison will remain.

*Weaning.*

Weaning is sometimes an important subject for the consideration of the mother. If her health is such that she cannot nurse the child, it is best that it should be given to a wet nurse, until the time has come for weaning. This may commence as soon as the first two teeth have made their appearance, or between the seventh and eighth months. The child should be gradually accustomed to a change of food, so by the time it is twelve to eighteen months old, it may be completely weaned. The spring and fall are the most favorable for weaning the child.

*Earache.*

Take a bit of cotton batting, put upon it a pinch of black pepper, gather it up and tie it, dip in sweet oil and insert into the ear; put a flannel bandage over the head to keep it warm. It will give immediate relief. As soon as any soreness is felt in the ear, let three or four drops of the tincture of arnica be poured in and the orifice be filled with a little cotton wool to exclude the air. It is a sure preventive against gathering in the ear, which is the usual cause of earache.

*For Toothache.*

Alum reduced to an impalpable powder, two drachms; nitrous spirit of ether, seven drachms; mix and apply to the tooth.

*Toothache.*

The worst toothache, or neuralgia coming from the teeth, may be speedily and delightfully ended by the application of a bit of clean cotton, saturated in the solution of ammonia, to the defective tooth. Sometimes the late sufferer is prompted to momentary laughter by the application, but the pain will disappear.

Alum reduced to a powder, a teaspoonful of the powder and an equal quantity of fine salt well mixed, applied to the gums by dipping your moistened finger in the mixed powder; put some also in the tooth, and keep rubbing the gums with it; it scarcely ever fails to cure.

*For Sore Throat.*

Cut slices of salt pork or fat bacon; simmer a few moments in hot vinegar. and apply to throat as hot as possible. When this is taken off, as the throat is relieved, put around a bandage of soft flannel. A gargle of equal parts of borax and alum, dissolved in water, is also excellent. To be used frequently.

*Cough Syrup.*

Syrup of squills 4 ounces, syrup of tolu 4 ounces, tincture of blood-root one and one-half ounces, camphorated tincture of opium 4 ounces. Mix. Dose for an adult, 1 teaspoonful repeated every two to four hours, or as often as necessary.

*For Quinsy.*

Gargle with water as hot as can be borne. This gives great relief, even in severe cases.

*Liniment.*

The common Mayweed blossoms put in alcohol are much superior to arnica for the same use.

*To Check Vomiting.*

Give a teaspoon of whole black mustard seed; 1 tablespoon may be given in severe cases.

*Sleeplessness.*

Wet a cloth in cold water, and lay it on the back of the neck. Fold a towel smoothly over it, and very often it will soothe the weary brain, and quiet the nerves better than an opiate. It is particularly useful in case of a dull headache.

*Bee Stings.*

Any absorbent will give relief from bee stings, but perhaps nothing is more effectual than lean raw meat. The sting of a bee or wasp may be almost instantly relieved by it. It is said to cure the bite of a rattlesnake, and relieve erysipelas.

*Wounds from Rusty Nail.*

Smoke this or any inflamed wound over the fume of burning woollen cloth, wool or sugar, for fifteen minutes, and the pain will be taken out.

*For Sprains.*

The white of an egg and salt mixed to a thick paste, is one of the best remedies for sprains, bruises or lameness, for man or beast. Rub well the part affected.

*Relief from Asthma.*

Sufferers from asthma should get a muskrat skin and wear it over their lungs with the fur side next to the body. It will bring certain relief. Or, soak blotting paper in saltpeter water, then dry, burning at night in the patient's bedroom.

*Cure for Felon.*

When a felon first makes its appearance, take the inside skin of an egg shell, and wrap it around the affected part. When the pressure becomes too painful, wet it with water, and keep it on twelve hours. Roast or bake thoroughly a large onion; mix the soft inner pulp with two heaping tablespoons of table salt, and apply the mixture to the affected part as a poultice, keeping the parts well covered. Make fresh applications at least twice a day, morning and evening, and a cure will follow in at least a week.

Or, 1 teaspoon of scorched salt, 1 teaspoon of corn meal, 1 teaspoon of scraped hard soap, 1 teaspoon of beet leaves pounded up, 12 drops of



turpentine, and the yolk of 1 egg. Mix all ingredients together in the form of a poultice, in which bind closely the swollen finger.

Or, procure 5 or 6 lemons, cut off the end of one, thrust the sore finger into the lemon, and let it stay till the lemon is warm; proceed in the same way till all the six are used. Or, put a piece of Spanish fly plaster over the spot affected, and that will draw the trouble to the surface; or, on the first appearance, apply a poultice of the common fleur de lis root well mashed. It will cure in a short time.

### *The Breath.*

Nothing makes one so disagreeable to others as a bad breath. It is caused by bad teeth, diseased stomach, or disease of the nostrils. Neatness and care of the health will prevent and cure it.

### *For Constipation.*

One or two figs eaten fastly is sufficient for some, and they are especially good in the case of children, as there is no trouble in getting them to take them. A spoon of wheaten bran in a glass of water is a simple remedy and quite effective.

### *Leanness.*

Is caused generally by lack of power in the digestive organs to digest and assimilate the fat-producing elements of food. First restore digestion, take plenty of sleep, drink all the water the stomach will bear in the morning on rising, take moderate exercise in the open air, eat oatmeal, cracked wheat, Graham mush, baked sweet apples, roasted and broiled beef, cultivate jolly people, and bathe daily.

### *Bites of Dogs.*

The only safe remedy in case of a bite from a dog suspected of madness, is to burn out the wound thoroughly with red-hot iron, or with lunar caustic, for fully eight seconds, so as to destroy the entire surface of the wound. Do this as soon as possible, for no time is to be lost. Of course it will be expected that the parts touched with the caustic will turn black.

### *Mustard Plaster.*

Mix with boiling water, vinegar or white of an egg (the latter is best when a blister is not wanted), to consistency the same as if for the table. Some add a little flour when not wanted so strong. Spread on half a thin muslin cloth, cover with the other half, or put on cloth, and put over it a thin piece of gauze; apply, and when removed, wash the skin with a soft sponge, and apply a little sweet cream or oil.

### *Linseed Poultice.*

Make a flannel bag eight by twelve inches, leaving one end open. Leave an end of flannel projecting over the opening, so it can be folded over and basted when the poultice is put in. Fasten a tape at each corner, to use in keeping the bag in position. Get another piece of flannel twice as long as the bag is wide, and the same width as the length of the bag. Mix crushed flaxseed with boiling water rather soft, and pour it into the bag, already heated before the fire. Fasten the end over by basting, and wrap the strip of flannel (well heated) around the bag and fasten it in place with string or safety-pins. A layer of cotton batting may be put outside also. Thus a boiling hot poultice may be used. The layers of flannel allow a gradual passing of the heat to the skin. The increase of the heat is so gradual through the flannel conductors that there is no painful sensation.

### *A Valuable Liniment.*

One ounce wormwood to one pint alcohol. Or, bruise the green stalks of wormwood, moisten with vinegar, and apply to the sprain. Good for man or beast.

## KITCHEN AND LAUNDRY.

The following list will show what articles are necessary for the kitchen and laundry, and will be an aid to young housekeepers:

- One apple corer.
- One lemon squeezer.
- One meat cleaver.
- Three kitchen knives and forks.
- One large kitchen fork and 4 kitchen spoons, two sizes.
- One wooden spoon for cake making.
- One large bread knife.
- One griddle cake turner, also 1 griddle.
- One potato masher.
- One meat board.
- One meat saw.
- Two large earthen bowls.
- Four stone jars.
- One candlestick.
- Two market baskets, two sizes.
- One clock.
- One ash bucket.
- One gridiron.
- Two frying pans or spiders, two sizes.
- Four flatirons, two number 8, and two number 6.
- Two dripping pans, two sizes.
- Three iron kettles, porcelain lined if possible.
- One tea kettle.
- Two granite ware stew pans, two sizes.

- One wire toaster.
- One double kettle for cooking custards, grains, etc.
- Two sugar boxes, one for coarse and one for fine sugar.
- One waffle iron.
- One step ladder.
- One stove, one coal shovel.
- One pair of scales.
- One coal hod.
- One kitchen table, two kitchen chairs.
- One large clothes basket.
- One wash boiler, one wash board.
- Eight dozen clothes pins.
- One large nail hammer, and one small tack hammer.
- One bean pot.
- One clothes wringer.
- Two sweeping brooms and one dust pan; one whisk broom.
- One bread box.
- One cake box.
- One large box or barrel.
- One dredging box.
- One large sized tin pepper box.
- One spice box containing smaller spice boxes.
- Two cake pans, two sizes.
- Four bread pans.
- Two square biscuit pans.
- One large tin pail, and one wooden pail.
- Two small tin pails.
- One set of tin basins.
- One set of tin measures.
- One wooden butter ladle.
- One tin skimmer.
- One tin steamer.
- Two dippers, two sizes.
- Two funnels, two sizes.
- One set of jelly cake tins.
- Four pie pans.
- Two pudding moulds, one for boiling, one for baking.

Two dish pans, two sizes.  
One cake or biscuit cutter.  
Two graters, one large and one small.  
One coffee canister.  
One tea canister.  
One tin or granite ware tea pot.  
One tin or granite ware coffee pot.  
Two milk pans, and one milk strainer.  
One dozen iron gem pans or muffin rings.  
One gravy strainer.  
One colander.  
One flour sifter.  
Two scoops, one for flour, one for sugar.  
Two jelly moulds, two sizes.  
One can opener, one egg beater.  
One cork screw.  
One chopping knife.  
One wooden chopping bowl.

An ingenious housewife will manage to do with less, but these articles, if they can be purchased at the commencement of housekeeping, will save time and labor, making the preparation of food easier. It is always economy in the end to get the best material in all wares,—as, for instance, the double plate tin will last for years, whereas, the poor kind has to be replaced; the low priced earthenware is soon broken, whereas, strong stone ware lasts almost a lifetime.





## THE LAUNDRY.

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### LAUNDRY HINTS.

To do washing the easiest and best, it is conceded by all that the clothes should be put to soak over night.

To preserve washtubs, do not put water inside the tub when the washing is done, but turn it bottom side up, and cover the bottom with water. It will be found that it prevents the staves spreading apart at the top.

To clean the rollers of a wringer, rub with kerosene oil.

To make a clothes line pliable, boil an hour or two before you use it. Let it dry in a warm room, and do not let it kink.

As soon as the ironing is done for the day the flat irons should be taken off the stove. To leave them on without using, takes the temper out of them.

Clothes for boiling are very much nicer put in a large bag made of sheeting or muslin; there will then be no danger from iron rust.

Ironing boards (which no one should be without) may be protected from dust by taking two paper flour sacks, cutting the bottom from one and pasting on the top of the other to form the required length. Slip this over the board when putting away.

### *Cheap Soft Soap.*

Take a clean barrel, the size of a kerosene-oil barrel, and in the bottom place 10 to 15 pounds of barrel-potash, and 15 pounds of rendered fat or tallow. Upon this pour 3 pailfuls of boiling hot water (soft water). Let it stand twenty-four hours, and add 2 pailfuls of boiling soft water, and continue to add a like amount once a day till the barrel is full. Stir it often to make it white.

### *Soft Soap.*

To 1 pound of concentrated lye add 3 gallons of water and 4 pounds of fat; put them in a tin boiler and boil five hours, then add 12 gallons of water and boil the whole a few minutes. Let it stand till cold.

### *Hard Soap.*

Of course the whiter the grease, the nicer the soap. Take 6 pounds of sal-soda, 6 pounds of grease, three and a half pounds of new stone lime, 4 gallons of soft water and half a pound of borax. Put soda, lime and water into an iron boiler, and boil till all is dissolved. When well settled, pour off the clear lye, wash out the kettle and put in the lye, grease and borax; boil till it comes to soap; pour into a tub to cool, and when hard, cut into bars and put on boards to dry.

### *The Wash Boiler.*

If by chance the wash boiler should spring a leak when filled with clothes over a brisk fire, carefully press the clothes away from the side of the leak and sift a small teaspoonful of Indian meal over the water.

### *Lye Soft Soap.*

Ashes should be from good wood, or the lye will be weak. Keep the ashes dry until a week before using; see that they are well packed down in the leach, which can be made out of a barrel. Then pour on water until the lye begins to drip slightly; leave it to soak out the strength of the ashes for a week. Then pour on water and begin to run off lye. The proper strength can be told by its floating a fresh egg. If it is not strong boil it, or turn it back through the ashes again. Then add clear grease, or "soap grease" in the proportion of 1 pound to 1 gallon of lye, boil until it is dissolved, then dip in a feather and if, on taking out, the plume part can be stripped off with the fingers, it requires more grease, which should be added until it will take no more.

If a white scum rises skim off (it is grease), or add a little more lye. Boil until it looks soapy. If the lye remains weak, on account of poor ashes, add potash until it is of sufficient strength.

### *Extra Hard Soap, (Cheap.)*

Four bars yellow soap, shaved fine; 2 pounds sal soda, 6 ounces borax, 2 ounces liquid ammonia. Put the soap in 8 quarts of soft water to dissolve. If the water is hard, break it first. When the soap is nearly dissolved over the fire add the borax and sal soda. Stir until all is melted. Pour into a large tub or shallow pan. When partly cool add the ammonia slowly, mixing well. Let stand a day or two and then cut into cakes or bars. Do this in a warm place. No better soap can be found for all kinds of washing, and the outlay can be covered by three cents per pound. This recipe has often been sold for five dollars.

### *Washing Fluid, (Extra.)*

One ball potash, one-half ounce salts of tartar, one-half ounce carbonate of ammonia. Dissolve in 1 gallon warm water, keep on the stove until heated, mix, keep in a jug or bottle well corked. Soak the soiled clothes over night. In the morning put 3 pails of cold water in the boiler, and add to it one and one-half bars of soap shaved fine, and 1 cupful of the washing fluid. Put in the clothes least soiled first. Let the water heat up gradually and boil one-half hour, stirring frequently. Take out into a tub of warm water, rub the soiled portions if necessary, rinse, and blue.

### *To Wash Black Silk.*

Brush and wipe it thoroughly, lay it on a flat table with the side up which is intended to show, and sponge with hot coffee strained through muslin. Allow it to become partially dry, then iron.

### *Starch Gloss.*

Put in boiling starch, to 1 quart, 1 dessert spoonful of white sugar, and one-half teaspoonful of butter. This stiffens the articles and gives a glossy finish. Mutton tallow or very pure lard may be used in place of the butter. Starch will not polish unless there is something added to it. A small tablespoonful of kerosene stirred into a quart of starch, after removing it from the stove, is used by many, or a little dissolved gum arabic is useful to be added to a quart of boiled starch made in the

usual manner, it gives a beautiful luster to the clothes, and prevents the iron sticking.

### *Starch Polish.*

Take 1 ounce of spermaceti and 1 ounce of white wax, melt and run it into a thin cake on a plate. A piece the size of a quarter dollar added to a quart of prepared starch gives a beautiful luster to the clothes and prevents the iron from sticking.

### *Coffee Starch for Brown Linen and Black Dress Goods.*

Make as usual, using carefully strained coffee instead of water. It gives the proper tint, and prevents white scales of starch upon the surface. They may also be washed in hay water. Scald hay in the water until it is the proper color.

### *Washing Fluid (Good).*

Take 1 pound of potash (it comes in cans), 1 ounce salts of tartar, and 1 ounce liquid ammonia. Put the salts of tartar and potash in a gallon of water on the stove, in any convenient kettle. It will dissolve very soon. Then set it off, let cool, and add the ammonia. Cork tightly in a jug. Soak the soiled clothes over night. In the morning make a strong suds of cold water, add a cup of the fluid to 10 or 12 gallons, put in clothes to nearly fill the boiler, let heat gradually, and boil ten minutes. Take out, rub lightly, rinse, blue and hang out. Use less fluid with rain water.

### *To Polish Old Furniture.*

Take equal parts of sweet oil and vinegar, boil for ten minutes and let cool. Take an old piece of silk goods, saturate with the mixture and rub well into the furniture. Continue to rub until well polished.

This is excellent, for it not only gives a polish, but it removes dirt as well.

### *Spots on Towels and Hosiery.*

Spots on towels and hosiery will disappear with little trouble if a little ammonia is put into enough water to soak the articles, and they are left in it an hour or two before washing; and if a cupful is put into the water in which white clothes are soaked the night before washing, the ease with which the articles can be washed, and their great whiteness and

clearness when dried will be very gratifying. Remembering the small sum paid for three quarts of ammonia of common strength, one can easily see that no bleaching preparation can more cheaply be obtained.

No articles in kitchen use are so likely to be neglected and abused as the dish-cloths and dish-towels; and in washing these, ammonia, if properly used, is a greater comfort than anywhere else. Put a teaspoonful into the water in which these cloths are, or should be washed every day; rub soap on the towels. Put them in the water; let them stand a half hour or so, then rub them out thoroughly, rinse faithfully, and dry out doors in clear air and sun, and dish-cloths and towels need never look gray and dingy—a perpetual discomfort to all house-keepers.

### *To Wash Lace Curtains.*

Wash and starch. (Boil them in a soapy water. Do not rub. Rinse twice. Use a wringer, or squeeze them dry.) Do not iron them out. You may stretch sheets on a clean carpet, fasten down, and pin the curtains on this. Let dry. They will look like new.

### *To Wash Linen or Calico.*

Make flour starch of soft water. Thin with cool, soft water and wash the dresses in this without soap. Rinse in thin starch water, turn wrong side out, and hang in the shade to dry.

### *To Wash Sateen Dresses.*

Use borax water. This method will restore the gloss.

### *To Wash Soiled Ribbons and Ties.*

Rub carefully through a solution of one-half teaspoonful of ammonia to 1 cup of water. If much soiled put through a second water with less ammonia. Lay between clean white cloths and press until dry. The effect is good.

### *To Clean a Carpet.*

Shake and beat it well, tack it firmly on the floor, and then with clean flannel wash it over with a quart of bullock's gall mixed with 3 quarts of soft cold water, and rub it off with a clean flannel or house-cloth. If you have a rubber window washer, it can be used nicely to help dry the carpet.



*Pongee.*

Pongee requires no more care in washing than a white garment ; it will bear hard rubbing if necessary, but it must not be boiled or scalded. Treat it about as you would flannel ; let it get quite dry, and if you use a quite hot iron, not hot enough to singe, of course, all the creases will come out, and the silk will look like new. The ironing when wet is the reason of silk handkerchiefs becoming yellow, the hot iron turning the moisture into steam.

*To Cut Glass Jars.*

Fill the jar with lard-oil to where you want to cut the jar ; then heat an iron rod or bar to red heat ; immerse in the oil ; the unequal expansion will crack the jar all around at the surface of the oil, and you can lift off the top part.

*Flannels.*

Flannels may be washed either in warm or cold water. Soap may be used on them as on other clothes. Rinse in water, the same temperature as the wash water. Put through the wringer and hang up. It is better to take them from the line before they are quite dry, and roll up for ironing.

*Chamois Skin.*

Put a teaspoon of soda in warm water and wash with soap like any other garment.

*To Wash Fancy Hose.*

It is an excellent plan to wash all such hose before wearing, in a weak solution of salt and water, with about a teaspoonful of sugar of lead. Rinse thoroughly afterward. Run through a wringer twice, the last time folded in a towel, to remove all the moisture, then turn wrong side out to dry. This will prevent the color from running on the right side. Dry immediately before a fire, as long, cold drying is sure to make the colors run. Pin them up to dry. Do not lay them over anything. To wash, prepare a clean suds of soap and warm water. Wash, rinse in clear water, and if the articles are bright colored, throw in a little salt to prevent the colors running. Wring out and dry as above directed.

### *Black Hose.*

Black hose should be washed as above, wringing in the same way, then rolled in a cloth and kept from the air while drying.

### *Bordered Towels.*

Bordered towels should be treated the same as fancy hose, to set the color the first time, then washed like red table linen.

### *To Wash Silk Knit Underwear.*

Wash by hand in cool suds of fine castile or toilet soap, rub very little; press dry in a cloth. Rinse twice; once in clear cold water, again in water tintured with cream of tartar, or vinegar or alum. Dry quickly, first stretching in shape. Do not iron, press under a heavy book. If the article is black, add a little ammonia, instead of acid to the rinsing water.

### *Washing Blankets.*

Put the blanket in hot soapsuds with a little borax in the water. Rub lightly. Too much rubbing and wringing hardens and shrinks the flannel. Rinse in clear water the same temperature as the suds. Run through a wringer, and hang up to dry.

### *To Soften Hard Water.*

Add half a pound of the best quick lime, dissolved in water to every hundred gallons. Smaller proportions may be more conveniently managed, and if allowed to stand a short time the lime will have united with the carbonate of lime and been deposited at the bottom of the receptacle. Another way is to put a gallon of lye into a barrellful of water.

### *How to Clean Corsets.*

Take out the steels at front and sides, then scrub thoroughly with tepid or cold lather of white castile soap, using a very small scrubbing brush. Do not lay them in water. When quite clean let cold water run on them freely from the spigot to rinse out the soap thoroughly. Dry without ironing (after pulling lengthwise until they are straight and shapely) in a cool place.

### *To Wash White Thread Lace.*

To wash white lace, cover a slab with linen, stitch or pin smoothly to get it straight; spread the lace over it, basting both edges to the linen. Take a brush, wash, soaping and rinsing well in soft water. Dry in the sun. Clip the basting threads and do not iron. If carefully done, it will look like new lace.

### *Lamp-Wicks.*

To insure a good light, wicks must be changed often, as they soon become clogged, and do not permit the free passage of the oil. Soaking wicks in vinegar twenty-four hours before placing in lamp, insures a clear flame.

### *To Clean Kid Gloves.*

Rub with very slightly damp bread crumbs. If not effectual, scrape upon them dry Fuller's earth or French chalk, when on the hands, and rub them quickly together in all directions. Do this several times. Or put gloves of a light color on the hands and wash the hands in a basin of spirits of hartshorn. Some gloves may be washed in a strong lather made of soft soap and warm water or milk; or wash with rice pulp; or sponge them well with turpentine, and hang them in a warm place or where there is a current of air, and all smell of turpentine will be removed.

### *To Renew Old Crape.*

Place a little water in a teakettle, and let it boil until there is plenty of steam from the spout; then, holding the crape in both hands, pass it to and fro several times through the steam, and it will be clean and look nearly equal to new.

### *To Raise the Pile on Velvet.*

Take a hot flatiron, put on your lap between your knees bottom side up, and over it lay a wet cloth; hold the velvet over the cloth with the wrong side down; when thoroughly steamed, brush the pile with a light wisp, and the velvet will look as good as new.

### *Yellowed Linen.*

Yellowed linen that has been laid away can be bleached by letting it soak in buttermilk two or three days.

### *To Keep White Clothing.*

To keep white clothing from turning yellow through the winter, wash all the starch out in the fall, rinse in bluing water and put away unironed.

### *To Prevent Muslin Turning Yellow.*

There are some kinds of cotton cloth that invariably turn yellow after the first washing. If there is any fear of this, soak the garments two days before washing, in clear water.

### *To Remove Mildew.*

Wet the spot, soap well, and cover thickly with finely pulverized chalk or whiting. Second, soak in sour milk, rinse, and lay in the sun. Third, dip in a solution of 1 part of chloride of lime to 12 parts of soft water, strained; lay in the sun. Repeat if necessary. So soon as white, rinse thoroughly.

### *To Remove Iron Rust.*

Lemon juice and salt mixed together may be spread upon the spots and the article laid in the sun. Repeat the operation if necessary. Starch may be spread upon the article instead of salt. A more convenient way is to have salts of lemon in a bottle dissolved in water enough to cover, and moisten the rusty spots with this. This will not rot the goods. When dry, wash out in clear water.

## PERFUMES AND TOILET RECIPES.

Pure air and plenty of it, free sunshine and plenty of it, are better restoratives than all the patent medicines under the sun.

Beauty and health constitute a royal inheritance. The child born with such a heritage, and brought up by a mother who has the good sense to discard soothing syrups, narcotics and cordials, and carefully train up to cleanly habits, proper exercise, plenty of air and sunshine, and wholesome food, starts in life with a capital that will in the long run tip the balance against the largest fortune in dollars. To keep health and beauty, or to restore it when lost, it is necessary to observe the laws of health, discarding quackery and panaceas of all kinds as superstitious.

A good complexion never goes with a bad diet. Strong coffee, hot bread and butter, heated grease, highly-spiced soups, meats or game, hot drinks, alcoholic liquors, fat meats, are all damaging to its beauty. Strong tea, used daily, will after a time give the skin the color and appearance of leather. Coffee affects the skin less, but the nerves more, and a healthy nervous system is necessary to beauty. Late suppers, over-eating at meals, eating between meals, the use of candies, sweet-meats, preserves, etc., produce pimples and blotches.

### *Essence Bouquet.*

Four ounces extract musk, 2 of extract tube rose, 1 drachm otto rose virgin, one and one-fourth drachm otto bergamot, one-half drachm each otto neroli super and red cedar wood, 8 minims otto verbena (true), 10 of pimento, 3 of patchouly, 12 of English lavender; add as much distilled water as can be mixed and not have it become milky, which will vary from 2 to 8 ounces, according to the perfume; then add deodorized alcohol until there are two quarts of perfumery.



*Jockey Club.*

Five ounces extract jasmine, 20 of extract orris, 7 of extract musk, one and one-half extract vanilla, one and one-half drachms each of otto rose virgin and santal flor, two and one-half otto bergamot, and 2 of benzoic acid, 40 minims otto neroli super; water and alcohol as above.

*Violet.*

Twelve ounces extract orris, 2 of tube rose, 1 of jasmine, 4 of musk, 2 drachms otto of bergamot, 1 of English lavender, 10 minims verbena (true), 22 minims amygdala amar. (any druggist will have it), 6 minims coriander, and 4 minims sweet flag, and one and one-half drachm benzoic acid; water and alcohol as above.

*West End.*

Twelve ounces of extract orris, 4 extract of jasmine, 8 of extract musk, 4 of extract cassia, 1 of extract styrax, 3 drachms otto bergamot, one and one-half neroli super, and one each of otto rose virgin, red cedar wood (true) and benzoic acid; water and alcohol as above.

*Cologne Water.*

Take a pint of alcohol and put in thirty drops of oil of lemon, thirty of bergamot, and half a gill of water. If musk or lavender is desired, add the same quantity of each. The oils should be put in the alcohol and shaken well before the water is added. Bottle it for use. Rose water can be made by pouring alcohol on rose leaves.

*Cream of Roses.*

Olive oil, one pound; attar of roses, fifty drops; oil of rosemary, twenty-five drops; mix and color it with alkanet root.

*Complexion Wash, No. 1.*

Blanch one-fourth pound best Jordan almonds, slip off the skins, mash in a mortar, and rub together with best white soap, for fifteen minutes, adding gradually 1 quart rose water, or clean fresh rain water may be used. When the mixture looks like milk, strain through fine muslin. Apply, after washing with a soft rag. To whiten the skin and remove freckles and tan, bathe three times a day in a preparation of 3 quarts water, 1 quart alcohol, 2 ounces cologne, and 2 of borax, in proportion of 2 teaspoons mixture to 2 teaspoons soft water. Bathing

the face in pure buttermilk, clear whey, sour milk, new or sweet milk, is soothing and healing after walking, riding, driving, rowing or sailing. Do not plunge the face into cold water, neither dash the water over the face when suffering from sunburn or exposure to wind or water; the sudden shock is not only injurious to the whole system, but has been known to permanently deface the complexion by a species of tanning which left a brown or yellow tinge impossible to efface.

### *Complexion Wash, No. 2.*

Put in a vial 1 drachm of benzoin gum in powder, 1 drachm nutmeg oil, 6 drops of orange blossom tea, or apple blossoms put in half pint rain water and boiled down to 1 teaspoonful and strained, 1 pint of sherry wine. Bathe the face morning and night; will remove all flesh worms and freckles, and give a beautiful complexion. Or, put 1 ounce of powdered gum of benzoin in a pint of whisky; to use, put in water in wash bowl till it is milky, allowing it to dry without wiping. This is perfectly harmless.

### *Chapped Hands.*

Powdered starch is an excellent preventive of chapped hands. Rub it over them after washing and drying thoroughly. Starch will also prevent the needle, in sewing, from sticking and becoming rusty. It is therefore advisable to have a small box of it in the work-box or basket, and near your wash-basin.

### *Wrinkles in the Skin.*

White wax, one ounce; strained honey, two ounces; juice of lily bulbs, two ounces. The foregoing melted and stirred together will remove wrinkles.

### *To Remove Freckles.*

Put half a pound best Windsor soap scraped fine into half a gallon of boiling water; stir it well until it cools, add a pint of spirits of wine and half an ounce of oil of rosemary; stir well.

### *Face Powder.*

Take of wheat starch, one pound; powdered orris-root, three ounces; oil of lemon, thirty drops; oil of bergamot, oil of cloves, each fifteen drops. Rub thoroughly together.

### *Cure for Pimples.*

One teaspoonful of carbolic acid and 1 pint of rose water mixed, is an excellent remedy for pimples. Bathe the skin thoroughly and often but do not let the wash get into the eyes.

This wash is soothing to mosquito bites, and irritations of the skin of every nature.

It is advisable, in order to clear the complexion permanently, to cleanse the blood; then the wash would be of advantage.

To obtain a good complexion a person's diet should receive the first attention.

### *Moth Patches.*

Moth patches may be removed from the face by the following remedy: Into a pint bottle of rum put a tablespoon of flour of sulphur. Apply this to the patches once a day, and they will disappear in two or three weeks.

### *Tetter or Ringworm.*

Tetter or ringworm of the face is caused by a disordered stomach and must be cured by proper diet.

### *Flesh Worms.*

Black specks on the nose disfigure the face. Remove by washing thoroughly in tepid water, rubbing with a towel, and applying with a soft flannel a lotion made of 3 ounces of cologne and half an ounce of liquor of potash. Or press out by putting the hollow end of a watch key over it.

### *The Nose.*

Excessive wiping, sniffing and blowing, especially in children, deforms the nose, and should be practiced only when necessary for cleanliness. A nose leaning to one side, caused by wiping in one direction, may be cured by using the handkerchief with the other hand, or by wearing occasionally an instrument surgeons employ for that purpose. Large, fleshy noses are reduced by wearing at night a contrivance which compresses the artery that supplies the nose. Red noses become so by exposure to heat or the sun, by alcoholic drinks, or by a debility of the bloodvessels of the skin. The latter cause is removed by gentle friction and cold bathing of the feet.

### *The Bath.*

The bath not only promotes cleanliness, but is a tonic. The skin does one-third of the work of breathing, and if the myriad of pores are closed, the lungs are overburdened, or else the work is left undone. The tonic effect is caused by the contraction of the surface bloodvessels, driving the blood back to the larger bloodvessels and the heart, bringing on a reaction which rushes the blood back to the skin, causing a glow, freer respiration and more vigorous action of the whole muscular system. A sponge or hand bath are the simplest forms, and should be taken in a moderately warm room. As a rule, the more rapidly a bath is taken the better, and it should always be followed by friction with the hand, or with a not too rough towel.

### *The Ear.*

The outer ear should be well cleansed, and the passage wiped out daily with a rag on the end of the little finger, but nothing should be inserted further. The insertion of a pin, or any hard substance, frequently ruptures the ear. When cleansing is necessary on account of accumulation of wax by cold, or other cause, it should be done by syringing with warm water, having dropped in two or three drops of glycerine the night before to soften the substance to be removed. This often cures sudden deafness. Cotton wool stuffed into the ear is injurious, and is seldom necessary. In conversing with deaf persons, it is important to remember that clearness, distinctness and a musical tone of voice is understood much more easily than a loud tone.

### *Teeth.*

Cracking nuts, biting thread, eating hot food, especially bread and pastry raised with soda, very cold drinks, alternate contact with cold and hot substances, highly seasoned food, alcoholic liquors and tobacco, metal toothpicks, and want of cleanliness, are injurious to the teeth. After eating, the mouth should be rinsed with lukewarm water, and such pieces of food as are not thus washed away removed by a quill toothpick. Tooth brushes should be elastic, and moderately hard. Those with hairs not too close together are best and most durable. A brush that is too hard may be permanently softened by dipping in hot water. Rub up and down as well as across the teeth. Teeth should be often examined by a competent dentist,

### *Removing Tartar from the Teeth.*

This preparation is used by dentists: Buy at the drug store 25 cents worth of Listerine, take one-half of teaspoonful to one glass of warm water. Take a toothbrush and wet it freely with this preparation, and briskly rub the teeth, this should be used every night; then immediately wash out the mouth well with water.

### *The Hair.*

Combs of tortoise shell, bone, or rubber, with not very sharp teeth, should be used. Sharp teeth injure the scalp and produce dandruff. Two brushes, one hard, to clean the hair and scalp, and the other soft, to smooth and polish, are best. Clean brushes by rubbing them with bran, or wash with one part ammonia and two of water. Combing or brushing should be done in the natural direction of the hair, and never against it. In the proper way it cannot be brushed too much. To keep the scalp clean wash in tepid soft water with a little pure soap in it, rinse in pure water, dry with towels, and then in the sun or by the fire.

Oily hair may be washed once a week, light hair less often. Some occupations require that it should be washed much oftener. All preparations for the hair are more or less injurious. Healthy hair has enough oil of its own, and the application of foreign oil destroys its vitality. Preparations containing alcohol fade hair and make it brittle. The only time when oil is admissible is after washing. The best preparation is one part of glycerine to three of rose water. Powders made of starch, when used, must be washed out of the hair to prevent injury. Those made of colored glass are very injurious, cutting and otherwise damaging the hair.

At night, the hair should be loosened and left free. Night caps are a relic of barbarism. Hair dyes are very injurious, as they all contain more or less sugar of lead, nitrate of silver, and other ingredients, which affect the brain, produce paralysis, inflammation of the eyes, and impairment of sight. Gray hairs are an indication that the hair producing organs are weakening. When found they should be cut down to the healthy part, and the head should be exposed as much as possible, except in the middle of the day, to the sun and air. When hair falls out, it indicates a disease of the scalp. To cure, dip the head twice a



day in cold water and rub with a brush until a glow is produced. In case the hair is too long to wet, brush until a glow is produced, and then rub into the roots a wash made of three drachms of pure glycerine and four ounces of lime water.

### *Cutting the Hair.*

Many children and men take cold after having the hair cut. This may be prevented by a quick dash of cold water on the head immediately after cutting, and before going out, and a brisk rubbing afterward.

### *Hair Invigorator.*

One pennyworth of borax, half a pint of olive oil, 1 pint of boiling water. Pour the boiling water over the borax and oil; let it cool; then put the mixture into a bottle. Shake, and apply it with a flannel.

### *Chapped Hands.*

One ounce glycerine, 2 drachms spermaceti, 2 ounces olive oil. Mix by heating. Mutton tallow may be used instead of spermaceti, in which case stir until cool to prevent the glycerine from settling to the bottom.

### *Bad Breath.*

Nothing makes one so disagreeable to others as a bad breath. It is caused by bad teeth, diseased stomach, or disease of the nostrils. Neatness and care of the health will prevent and cure it. It may be temporarily relieved by diluting a little bromo chloralum with eight or ten parts of water, and using it as a gargle, and swallowing a few drops before going out. A pint of bromo chloralum costs fifty cents but a small vial will last a long time.

### *Ingrowing Nails.*

Cut a notch in the center of the nail, or scrape it thin in the middle. Put a small piece of tallow in a spoon and heat it over a lamp until it becomes very hot. Drop two or three drops between the nail and granulation. The pain and tenderness will soon be relieved, and in a few days the granulation will be gone. One or two applications will cure the most obstinate case.

*To Make Cold Cream.*

Twenty grains of white wax, 2 ounces of pure oil of sweet almonds, one-half ounce of pure glycerine, and 6 drops of oil of roses. Melt the first three ingredients together in a shallow dish over hot water. As it begins to cool, add the glycerine and oil of roses. Strain through muslin. Beat with a silver spoon until snowy white. It is excellent for chapped face and hands, and makes the skin fine and soft.

*Camphor Ice.*

One ounce of lard, 1 ounce of spermaceti, 1 ounce of camphor, 1 ounce of almond oil, one-half cake of white wax; melt and turn into moulds.



## DYEING OR COLORING.

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### GENERAL REMARKS.

The "Family Dyes," lately introduced, and now kept for sale by all druggists, are very convenient, and give good results. They are aniline dyes, and come in the form of a powder, put up in papers, and labeled with full instructions for using. The preparations for using these dyes are very simple, and no experience is required if the instructions are implicitly followed. The color card shows the exact shade of the color you select, and there is no trouble in experimenting to get the right shade. Besides, the dyes are cheap and the results are equal to those produced by the professional dyer. There are several manufacturers of aniline dyes, and inquiry at the nearest drugstore will secure all the information as to prices, colors, etc., that may be desired by any lady.

#### *To Bleach Goods for Dyeing.*

Where it is necessary to remove the color in an article before dyeing, wash in hot soapsuds or boil in soapsuds until faded. Rinse

thoroughly; any soap left in it will ruin the dye. Goods for dyeing should be clean and free from grease.

### *Black. Cotton and Woolen.*

The proportion for each pound of goods is 2 ounces extract logwood, 1 ounce blue vitriol, one-half ounce sugar of lead. Dissolve the vitriol in one water and the logwood in another. Wet the goods thoroughly in warm water before putting into the vitriol water. Put the sugar of lead in the logwood water, and when hot take the goods from the vitriol water, and put into the dye. Stir them about in the dye for one-half hour. Then take out, put into a tub, and pour over enough hot, strong salt water to cover. Let stand until cold, hang up—let dry and rinse in clear warm water. Will never crock nor fade.

### *Blue. Cotton and Woolen.*

Divide a gallon of rain water. In one half, put 3 ounces oxalic acid, and in the other one-quarter pound Prussian blue. Let stand 4 hours or over night, mix and dilute with water, and put in rags to stand half hour on stove. Don't boil. This will color ten pounds of rags. Use brass or copper vessels. Iron is not the thing to use.

### *Navy Blue.*

To make navy blue, dip rags in a blue, and when they are a pretty clear blue, hang in a shady place to dry, and the next day dip them in a weak solution of black dye.

### *Brown. Cotton, Woolen or Silk.*

One pound catechu, 4 ounces bichromate potash and 2 ounces alum will color a pretty brown. Soak separately over night. Dip and boil in catechu and alum 1 hour, and then boil in potash solution. Rinse and dry in shade.

### *Brown on Silk.*

Dissolve annatto, 1 pound, pearlash, 4 pounds in boiling water, and pass the silk through it for two hours; then take it out, squeeze it well and dry; next give it a mordant of alum, and pass it first through a bath of Brazil wood, and afterward through a bath of logwood to which a little green copperas has been added; wring it out and dry; afterward rinse well.

*Violet on Silk or Wool.*

A good violet dye may be given by passing the goods first through a solution of verdigris, then through a decoction of logwood, and lastly alum water. A fast violet may be given by dyeing the goods crimson with cochineal, without alum or tartar, and after rinsing, passing them through the indigo vat. Linens or cottons are first galled with eighteen per cent. of gall nuts; next passed through a mordant of alum iron liquor, and sulphate of copper, working them well; then worked in a madder bath made with an equal weight of root; and lastly, brightened with soap or soda.

*Mulberry on Silk.*

For 5 pounds of silk, use alum one pound and a quarter; dip fifty minutes; wash out, and make a dye with Brazil wood 5 ounces, and logwood one and a quarter ounces, by boiling together; dip in this half an hour; then add more Brazil wood and logwood, equal parts, until the color suits.

*Green on Wool and Silk.*

Equal quantities of yellow oak and hickory bark; make a strong yellow bath by boiling; shade to the desired tint by adding a small quantity of extract of indigo.

*Yellow on Silk.*

For 10 pounds of goods, use sugar of lead seven and a half ounces, alum 2 pounds; enter the goods and let them remain twelve hours; remove them, drain, and make a new dye with fustic, 1 pound. Immerse until the color suits.

*Lilac on Silk.*

For 5 pounds of silk, use archil seven and a half pounds; mix it well with the liquor; make it boil a quarter of an hour; dip the silk quickly, then let it cool, and wash it in river water, and a fine half-violet, or lilac, more or less full, will be obtained.

*Slate on Silk.*

For a small quantity, take a pan of warm water and about a tea-cupful of logwood liquor, pretty strong, and a piece of pearlash the size of a nut; take gray colored goods and handle a little in this liquid, and



it is finished. If too much logwood is used, the color will be too dark. For a straw color on silk, use smartweed; boil in a brass vessel, and set with alum.

### *Wine Color.*

For 5 pounds of wool goods, camwood, 2 pounds; boil fifteen minutes and dip the goods one-half hour; boil again, and dip one-half hour; then darken with blue vitriol, one and one-half ounces; if not dark enough, add copperas, one-half ounce.

### *Scarlet, (Very fine.)*

For 1 pound of wool goods, cream tartar one-half ounce; cochineal, well pulverized, one-half ounce; muriate of tin, two and one-half ounces; boil up the dye and enter the goods; work them briskly for ten or fifteen minutes, then boil one and one-half hours, stirring goods slowly while boiling. Wash in clear water, and dry in the shade.

### *Pink.*

For 3 pounds of wool goods, alum, 3 ounces; boil and dip the goods one hour, then add to the dye cream tartar, 4 ounces; cochineal, well pulverized, 1 ounce; boil well and dip the goods while boiling until the color suits.

### *Blue, (Quick Process.)*

For 2 pounds of wool goods, alum, 5 ounces; cream tartar, 3 ounces; boil goods in this one hour, then put goods into warm water which has more or less extract of indigo in it, according to the depth of color desired, and boil again until it suits, adding more of the blue if needed.

### *Madder Red.*

To each pound of wool goods, alum, 5 ounces; red, or cream tartar, 1 ounce. Put in the goods and bring the kettle to a boil, for one-half hour; then air them and boil one-half hour longer; empty the kettle and fill with clean water; put in bran, 1 peck; make it milk warm, and let it stand until the bran rises; then skim off the bran and put in one-half pound madder; put in the goods and heat slowly until it boils and is done. Wash in strong suds.

*Green.*

For each pound of wool goods, fustic, 1 pound; with alum, three and one-half ounces; steep until strength is out, and soak the goods therein until a good yellow is obtained; then remove the chips, and add extract of indigo or chemic, 1 tablespoonful at a time, until color suits.

*Snuff Brown, Dark.*

For 5 pounds of wool goods, camwood, 1 pound; boil it fifteen minutes, then dip the goods three-fourths of an hour; take out the goods, and add to the dye two and one-half pounds fustic; boil ten minutes, and dip the goods three-fourths of an hour; then add blue vitriol, 1 ounce; copperas, 4 ounces; dip again one-half hour. If not dark enough, add more copperas.

*Another Method, Any Shade.*

Boil the goods in a mordant of alum, 2 parts; copperas, 3 parts; then rinse them through a bath of madder. The tint depends on the relative proportions of the copperas and alum; the more copperas, the darker the dye; joint weight of both should not be more than one-eighth of weight of goods. Mixtures of red and yellows with blues and blacks, or simple dyes, will make any shade.

*Plain Red for Wool.*

For 10 pounds of goods, make a tolerably thick paste of lac dye and sulphuric acid, and allow it to stand for a day. Now take tartar, 1 pound, tin liquor half a pound, and 12 ounces of the above paste; make a hot bath with sufficient water, and enter the goods for three-quarters of an hour; afterward carefully rinse and dry.

*Orange.*

For 5 pounds of wool goods, muriate of tin, 6 tablespoonfuls; argal, 4 ounces; boil, and dip one hour, and add again to the dye 1 teacupful of madder; dip again one half hour. Cochineal, about 2 ounces, in place of madder, makes a much brighter color.

*Crimson.*

Work for one hour in a bath with 1 pound cochineal paste, 6 ounces of dry cochineal, 1 pound of tartar, 1 pint of protochloride of tin. Wash out and dry. For wool goods.

*Purple.*

For each pound of wool goods, 2 ounces of cudbear; rinse the goods well in soapsuds, then dissolve cudbear in hot suds—not quite boiling, and soak the goods until of required color. The color is brightened by rinsing in alum water.

*Yellow, Rich.*

Work 5 pounds of wool goods one-half hour in a boiling bath with 3 ounces bichromate of potassa and 2 ounces alum; lift and expose till well cooled and drained; then work one-half hour in another bath with 5 pounds of fustic. Wash out and dry.

*Salmon.*

For each pound of wool goods, one-fourth pound of annatto; one-fourth pound of soap; rinse the goods well in warm water, put them into mixture, and boil one half hour. Shade will be according to the amount of annatto.

*Dove and Slate Colors of all Shades.*

For wool, boil in an iron vessel a teacupful of black tea with a teaspoonful of copperas, and sufficient water. Dilute till you get the shade wanted.

*Fine Claret for Wool.*

Boil 13 pounds of goods two hours with 7 pounds of camwood, one-tenth pound logwood, and one-fourth pound of copperas to darken.

*Russian Brown for Wool.*

For 13 pounds goods, boil 2 pounds fustic and 4 pounds camwood an hour, and if too light color, add one-tenth pound each, copperas and alum to darken.

*Bottle Green for Wool.*

Boil 10 pounds wool with one-tenth pound chrome and one-fifth pound alum; take out, put in a vessel of clean water 3 pounds fustic and one and a half pounds logwood, and boil another hour.

*Black for Wool.*

For 15 pounds of goods, boil goods in a solution of five-eighths pounds each bichromate potash and blue vitriol, and one-half pound

argal, one hour; take out, re-fill kettle with clean water, and add 3 pounds dissolved extract of logwood; put in goods, and simmer one hour and a half; take out, rinse, scour with soap, and dry. This makes a blue-black. To make a jet black, add 3 pounds fustic with the logwood.

### *Scarlet for Wool, (Very fine.)*

For 1 pound of goods, take one-half ounce cream tartar, one-half ounce well pulverized cochineal, two and one-half ounces muriate of tin. Boil up the dye, and enter the goods. Work them briskly ten or fifteen minutes, then boil one and one-half hours, stirring the goods slowly while boiling. Wash in clear water, and dry in the shade.

### *Blue for Wool, (Quick Process.)*

For 2 pounds goods, 5 ounces alum, 3 ounces cream tartar. Boil goods in this one hour, then put them into warm water that has more or less extract of indigo in it according to the depth of color desired, and boil again until the tint suits, adding more indigo if needed.

### *Sky Blue, on Silk or Cotton.*

Give the goods as much color from a solution of blue vitriol, 2 ounces to 1 gallon water, by dipping fifteen minutes. Then run it through lime water. This will make a beautiful and durable sky blue.

### *To Dye Aniline Scarlet.*

For every 10 pounds of cotton goods dissolve half a pound white vitriol (sulphate of zinc), at 180° Fahr.; place the goods in this bath for ten minutes; then add the color, prepared by boiling for a few minutes, quarter of a pound aniline scarlet in three-quarters of a gallon water, stirring the same continually. This solution has to be filtered before being added to the bath. The goods remain in the latter for fifteen minutes, when they have become browned, and must be boiled for another half hour in the same bath, after the addition of sal-ammoniac. The more of this is added, the deeper will be the shade.

### *Orange.*

For 5 pounds of goods, sugar of lead, 4 ounces; boil a few minutes; when a little cool, put in the goods; dip for two hours; wring out; make a new dye with bichromate potash, 8 ounces, madder 2 ounces;

dip until it suits; if color is too red, take a small sample, and dip into lime water and choose between them.

### *Yellow for Cotton.*

Six pounds of goods in water, to wet through. Nine ounces sugar of lead dissolved in the same quantity of water. Six ounces bichromate of potash in the same quantity of water. Keep separate. Dip the goods first into the sugar of lead water, then into the potash water, then into the sugar of lead water again. Dry. Rinse in cold water, and dry.

### *A Forgotten Color.*

The simple decoction of onion-peel is said to produce upon glove-leather an orange yellow superior in luster to any other. It is also said to be suitable for mixing with light bark shades, especially willow bark, and as a yellow for modulating browns.

### *To Set a Color.*

One tablespoonful of ox-gall in a pint of water is sufficient, it is immaterial whether cotton, silk, or woolen fabrics.

### *Blue on Cotton.*

For ten pounds of goods, use copperas, half a pound; boil, and dip twenty minutes; then dip in soapsuds, and return to the dye three or four times; then make a new bath with prussiate of potash 2 ounces, oil of vitriol one-third of a pint, boil half an hour; rinse out and dry.

### *Green on Cotton.*

For 10 pounds of goods, use fustic two and a half pounds, blue vitriol two and a half ounces, soft soap, 1 pint, and logwood chips, 4 ounces. Soak the logwood over night in a brass vessel; put it on the fire in the morning, adding the other ingredients. When quite hot it is ready for dyeing; enter the goods at once, and handle well. Different shades may be obtained by letting part of the goods remain longer in the dye.

### *Pink Dye for Cotton.*

For 10 pounds of goods use redwood, 1 pound; muriate of tin, half a pound; boil the redwood one hour, turn off into a large vessel, add the muriate of tin, and put in the goods; let it stand a few minutes (five or ten), and a nice pink will be produced. It is quite a fast color.



*Brown on Cotton.*

Catecheu, or terra japonica, gives cotton a brown color, blue vitriol turns it on the bronze, green copperas darkens it, when applied as a mordant, and the stuff boiled in the bath boiling hot. Acetate of alumina, as a mordant, brightens it. The French color named "Carmelite" is given with catechu, 1 pound; verdigris, 4 ounces; and sal ammoniac, 5 ounces.

*Black for Cotton Goods.*

One pound logwood, one-half pound blue vitriol, 1 dime's worth of fustic. Each in a sack in a separate vessel, and boil twenty minutes. Scald your goods in the vitriol water, and then air them. Put the logwood mixture with the fustic, and boil thirty minutes. Put in your goods. Keep well stirred until you obtain the color desired. Then scald with weak lye.

*Dye for Feathers. (Black.)*

Immerse for two or three days in a bath, at first hot, of logwood eight parts, and copperas, or acetate of iron, one part. Blue—with the indigo vat. Brown—by using any of the brown dyes for silk or woollen. Crimson—a mordant of alum, followed by a hot bath of Brazil wood, afterward by a weak dye of cudbear. Pink or Rose—with safflower or lemon juice. Plum—with the red dye, followed by an alkaline bath. Red—a mordant of alum, followed by a bath of Brazilwood. Yellow—a mordant of alum, followed by a bath of turmeric or weld. Green Dye—take of verdigris and verditer, of each 1 ounce, gum water 1 pint, mix them well, and dip the feathers, they having been first soaked in hot water, into the said mixture. For Purple—use lake and indigo. For Carnation—vermillion and smalt. Thin gum or starch water should be used in dyeing feathers.

*Colors for Artificial Flowers.*

The French employ velvet, fine cambric, and kid for the petals, and taffeta for the leaves. Very recently thin plates of bleached whalebone have been used for some portions of the artificial flowers. Colors and Stains: Blue—indigo dissolved in oil of vitriol, and the acid partly neutralized with salt of tartar or whiting. Green—a solution of distilled verdigris. Lilac—liquid archil. Red—carmine dissolved in a solution

of salt of tartar, or in spirits of hartshorn. Violet—liquid archil, mixed with a little salt of tartar. Yellow—tincture of turmeric. The colors are generally applied with the fingers.

### *Black Varnish for Chip and Straw Hats.*

Best alcohol, 4 ounces, pulverized black sealing wax, 1 ounce, put them into a vial, and put the vial into a warm place, stirring or shaking occasionally until the wax is dissolved. Apply it, when warm, before the fire or in the sun. This makes a beautiful gloss.

### *Dyes for Furs.*

Brown—use tincture of logwood. Red—ground Brazilwood, half a pound, water, one and a half quarts, cochineal, half an ounce; boil the Brazilwood in the water one hour, strain and add the cochineal, boil fifteen minutes. Scarlet color—boil half an ounce saffron in half a pint of water, and pass over the work before applying the red. Blue—logwood, 7 ounces, blue vitriol, 1 ounce, water, 22 ounces, boil. Purple—logwood 11 ounces, alum, 6 ounces, water, 29 ounces. Green—strong vinegar one and a half pints, best verdigris 2 ounces (ground fine), sap green, one-quarter of an ounce; mix all together, and boil.

### *To Bleach Feathers.*

Place the feathers from three to four hours in a tepid dilute solution of bichromate of potassa, to which, cautiously, some nitric acid has been added (a small quantity only). To remove a greenish hue induced by this solution, place them in a dilute solution of sulphuric acid, in water, whereby the feathers become perfectly white and bleached.

### *Chip or Straw Hats or Bonnets.*

Chip or straw bonnets may be dyed black by boiling them three or four hours in a strong liquor of logwood, adding a little copperas occasionally. Let the bonnets remain in the liquor all night; then take out to dry in the air; if the black is not satisfactory, dye again after drying. Rub inside and out, with a sponge moistened in fine oil, then block. Red Dye—Boil ground Brazilwood in a lye of potash, and boil your straw hats, etc., in it. Blue Dye—Take a sufficient quantity of potash lye, 1 pound of litmus, or lacmus, ground; make a decoction, and then put in the straw, and boil it.

## MISCELLANEOUS.

*To Purify Cisterns.*

To purify cisterns where the water has an unpleasant odor, suspend in the water a muslin cloth containing one or more pounds of charcoal.

*To Purify Drains.*

Dissolve 2 pounds of copperas in a pail of water; should be washed down all drains, sinks, vaults, etc. All pipes leading from the kitchen should have boiling lye turned down them once a week at least, in sufficient quantities to eat away the accumulation of grease that coats the interior of the pipe. A few drops of carbolic acid should be poured down the pipes leading from stationary washstands. What little odor that escapes into the room is very beneficial to any one afflicted with throat trouble. Any decomposing substance may be rendered odorless by a layer of powdered charcoal, quicklime or common road dust, which is in itself a good disinfectant.

*To Prevent Moths.*

Take furs and other winter clothing, before the insidious miller claims them for its home; hang out doors in the wind, brush well with a whisk broom, and envelop in brown paper sacks. Wrap the more valuable articles in newspapers before putting in the sacks, printers' ink being one of the best preservatives against the depredations of moths. Turn over the edges of the sack and paste carefully down with a little flour paste (raw flour and cold water stirred smoothly together will answer), making sure that there are no openings in the sack where the moth miller can creep in. This is absolutely safe if done early in the season. Blankets, shawls, cloaks, etc., can be wrapped in large

papers. Label every article as it is fastened, and keep a little memorandum book of where each package is put, that when one especial article is needed it can be found at once. Camphor gum is apt to turn furs a light color. A cedar box is very nice to put these packages in, but in its absence a whisky or alcohol barrel is equally good. A little bergamot or some other perfume will do away with the odor.

### *Rats and Mice.*

Peppermint sprigs laid around shelves and other places where mice frequent, will drive them away. Chloride of lime sprinkled around wherever rats or mice frequent, will drive them away. Keep it in a bottle corked.

### *Ants and Roaches.*

Scatter powdered borax in their haunts, and they will disappear. To free canary birds from mites, wash every part of the cage and perches and the hook, and paint behind the hook with a strong solution of borax water. Second, ants may be driven away as follows: Mix 1 teaspoonful of tartar emetic with 1 teaspoonful of sugar. Put in a saucer and set where the ants are troublesome. One day will drive them away. Put in different places where they come. Fleas may be driven away by scattering about the localities troubled, either lime or cayenne pepper.

### *To Destroy Bed Bugs.*

Varnish is death to the most persistent bug. It is cheap—ten cents' worth will do for one bedstead—is easily used, is safe, and improves the looks of the furniture to which it is applied. The application must, however, be thorough, the slats, sides, and every crack and corner receiving attention.

### *To Clean Knives.*

Apply the bath brick or finely-shaved common brick with the freshly cut half of an Irish potato. The juice of the potato will assist in polishing the steel. Use charcoal powder for polishing. This will not wear out the blades.

### *To Clean Stove Pipe.*

A piece of zinc put on the live coals in the stove will clean out the stovepipe.

### *To Keep Refrigerators Pure.*

Wash out the closets once a week with sal soda and cold water.

### *To Remove Rust from Knives.*

Cover the knives with sweet oil, well rubbed on, and after two days take a lump of fresh lime and rub till all the rust disappears. It forms a sort of soap with the oil, which carries off all the rust.

### *To Prevent Stoves Rusting.*

Before putting away for the summer, mix the blacking with a little oil (sperm or kerosene) instead of water. This will prevent the summer rust.

Stovepipes should be rubbed with kerosene before putting away in the spring. This prevents rust.

### *To Restore Blackened Silver Plate.*

When, from long neglect, plated ware becomes so blackened and stained that it cannot be restored by plate powder, take the following mixture: One part of sal ammoniac with 16 parts of vinegar. Rub the stains gently with this and they will disappear. Then wash well in soap and water if necessary, polish afterward with sweet oil and magnesia or whiting. Kerosene will sometimes clean blackened silver almost instantly.

### *To Keep a Copper Tea-kettle Bright.*

Wash occasionally with a solution of salt and buttermilk. Rinse with clear water.

### *Stained Brass.*

Whiting, wet with aqua ammonia, will cleanse brass from stains, and is excellent for polishing faucets and door knobs of brass or silver. "Sapolio" is still better.

### *To Remove Paint.*

To remove paint and putty stains from window glass, dip a wet cloth in baking soda and rub the paste thus made, thinly over the glass. Let remain fifteen minutes, and wash in warm, soft water, without soap. This will bring all the stains with it. Rub dry and polish. Or, wash the window glass with hot, sharp vinegar; this will remove mortar and paint.



### *To Clean Gold Chains.*

Put the chain in a small glass bottle with warm water; some pulverized chalk and a little grated castile soap. Cork the bottle and shake vigorously. Rinse in clear cold water, wipe on a towel, and the polish will be surprising.

### *Cleaning Silver.*

One-half ounce prepared chalk, 2 ounces alcohol, 2 ounces aqua ammonia. Apply with cotton flannel, and rub with chamois skin. Wash silver in very hot, clear water, and wipe dry with a soft towel, and you will have no need for silver soap, or any other preparation.

### *To Prepare Wooden Pails for Use.*

Give the inside of a new wooden pail three coats of copal varnish before using, and it will not water-soak, nor give a disagreeable flavor to water kept in it.

### *To Remove Taste from New Wooden Vessels.*

Scald with boiling water; dissolve some pearlash or sal soda in lukewarm water; wash well with the solution. Scald again before using.

### *To Preserve Gilt Frames.*

Cover them when new with a coat of white varnish. All specks can then be washed off with water without injury. This is an invaluable idea.

### *To Harden the Soles of Boots and Shoes.*

Apply a coat of gum copal varnish; let dry, and give two more. This will double the wearing power of the sole leather. Give an occasional coat as it seems to wear. For heavy boots, two or three coats of gas tar will render them almost impervious to damp, besides toughening and hardening the leather.

### *To Clean Lamp-Burners.*

When they become clogged and refuse to work, and the lamps are sure to smoke, put them over the fire in an old pan, cover with water to which a teaspoonful of soda has been added, and boil; the burners will be found as good as new.

To keep burners bright, polish with kerosene every few mornings, and rub dry with a woolen cloth.

### *To Clean Ivory Ornaments.*

When ivory ornaments become yellow or dusky, wash them well in soap and water with a small brush, to clean the carvings, and then place them, while wet, in the sunshine. Wet them with soapy water for two or three days, several times a day, still keeping them in the sunshine, then wash them again, and they will be perfectly white.

### *To Clean Lamp Chimneys.*

Wipe off carefully any smoke or dust and polish with a soft cloth; soapsuds dulls the glass; if any moisture is required, breathe down the chimney or hold over a steaming kettle, then polish. A soft sponge fastened to a long flexible whalebone will be found better for cleaning the inside of chimneys than any brush that can be bought.

### *To Temper Lamp Chimneys and Glassware.*

Immerse the article in a pot filled with cold water, to which some common salt has been added. Boil the water well, then cool slowly. Glass treated in this way, will resist any sudden change of temperature.

### *Lamp Wicks.*

Lamp wicks may be made to fit, if not too large, by drawing out one thread near the selvedge. If this is done with a new wick, there will be no trouble.

### *Lamps.*

Lamps themselves should be frequently emptied and the bowls washed out with soapsuds; a few drops of ammonia added to the suds will help to remove the oily sediment. Dry thoroughly using the whalebone swab. If any water is left in the bowl the oil will sputter when first lighted. A well-filled lamp burns less oil than one half-trimmed.

### *Lamps to Trim.*

Do not cut the wick, turn it just above the tube, take a match and shave off the charred end, thus insuring an even flame. Then turn the wick down below the edge of the tube that it may not draw up oil to soil the outside of the lamp. Do not fill too full; kerosene kept in a warm room expands considerably and the result will be oily lamps, disagreeable to handle.

### *To Clean Mica.*

To clean mica in a stove that has become blackened with smoke, is to take it out, and thoroughly wash it with vinegar. If the black does not come off at once, let it soak a little.

### *To Clean a Library.*

To clean a library provided with inclosed stationary cases, the books should be taken out after the first washing of the floor, carefully freed from dust by striking two volumes together in the hand—never dust books in any other way—and return to the cases. If the cases are open, dust the books and remove to another apartment before the carpet is disturbed.

### *To Wash Matting.*

To wash matting, wipe off with a cloth wrung from salt and water. This prevents turning yellow.

### *Discolored Spots on Carpet.*

Discolored spots on carpet can be frequently restored by rubbing with a sponge dipped in ammonia diluted with water; clothing the same. Ox gall is useful for same purpose.

### *Soot on Carpets.*

Soot on carpets, falling from an open chimney, may be swept up without the slightest trouble by sprinkling it lavishly with salt at first, and then sweeping.

### *Stair Carpet Pads.*

Stair carpet pads should be made by folding waste cotton or pieces of old quilts in newspapers; have them a little shorter than the carpet is wide. Put them over the edge just where the foot naturally strikes the front of the stair. It will preserve the carpet, and deaden the sound of footsteps. Old pieces of carpeting, doubled, are very good for this purpose. If the stair carpet is a little longer than the stairs, it can be moved up or down at different times so as to last longer.

### *Oiled and Varnished Woods.*

Oiled and varnished woods should be simply wiped with a flannel cloth wrung out of warm, soft water.

### *Grained Wood Work.*

Grained wood work should be washed with cold tea.

### *Painted Wood Work.*

Painted woodwork may be washed with a few drops of ammonia in the water used. Put 1 teaspoonful of ammonia in a quart of warm soapsuds, dip in a flannel cloth; apply rather lightly but rapidly; dust and specks will all disappear. Or, dip a flannel cloth in warm soapsuds and then in whiting; applied to paint, this will instantly remove grease and soil of every description; wipe off with clear water. Delicate paints will not be injured, but look like new.

### *To Wash Windows.*

To wash windows, take a little spirits of ammonia on a sponge, rub over the glass touching every part of the pane, then rub briskly.

### *To Oil a Floor.*

Get common boiled linseed oil; heat boiling hot, and while hot go over the floor, using an old paint brush and keeping the oil hot all the time. Even if the floor is very rough and inclined to sliver, this will make a great improvement. Have the floor very clean before using. Two coats of oil may be needed if the floor is very bad; 1 tablespoonful of yellow ochre to 1 quart of oil makes it light. The same of burnt umber will color it dark.

### *To Remove Iron Stains from Marble.*

Take an equal quantity of fresh spirits of vitriol and lemon juice. Mix in a bottle, shake well, wet the spots, and in a few minutes rub with a soft linen cloth until they disappear.

### *To Wash Oil Cloth.*

Take milk and water. Never use soapsuds, as this dulls the colors. Rub over with a mixture of one-half beeswax, melted, and while warm stirred into a saucer of turpentine. Apply with a dry flannel cloth, and polish with a dry flannel. Or wash as above, and oil with sweet oil or butter. Polish.

### *To Destroy Ant Beds in Lawns.*

Stir up and pour on boiling water.

### *To Mend China.*

Take a very thick solution of gum arabic and water, and stir into it plaster of Paris until the mixture becomes a viscous paste. Apply it with a brush to the fractured edges and stick them together. In three days the article cannot be broken in the same place. The whiteness of this cement renders it doubly valuable.

### *Mucilage, (Home-made).*

Boil the gum that exudes from cherry trees in soft water until it is the proper consistence. This is preferable to that for sale.

### *Liquid Glue.*

Three quarts soft water, one and one-half pounds white glue. Heat by steam as above. Then add 8 ounces of shellac mixed with 4 ounces dry white lead. Lastly, 1 ounce liquid ammonia. Bottle while warm. This will make one hundred and eighty bottles (one-half ounce). Can be sold at a nice profit. China, etc., can be mended.

### *Umbrellas, to Preserve.*

Put umbrellas in the rack to dry with the handles down, that water may not run down and rust the wires.

### *To Kill Moss, Weeds and Earth Worms in Lawns.*

Pulverized fresh lime; mix half and half with fresh pulverized earth or leached ashes, and sprinkle over the lawn. This is certain for the moss and earthworms. A sprinkling of brine will kill grass; and salt sprinkled on grass springing up in the crevices of stone or brick walks will destroy it.

### *To Remove Paint Stains from Glass.*

It frequently happens that painters splash the plate or other glass windows when they are painting the sills. When this is the case, melt some soda in very hot water, and wash them with it, using a soft flannel.

### *Very Superior Furniture Polish.*

Make a mixture of 3 parts linseed oil and one part spirits of turpentine; it not only covers the disfigured surface, but restores wood to its original color, and leaves a luster upon the surface. Put on with a woollen cloth, and when dry rub with woollen.



### *The Best Ink.*

A commission lately appointed by the Prussian government to investigate the best class of inks to be employed for official purposes, states that aniline inks are not suitable, because they can be easily washed away, especially by preparations of cholrine. Inks, in the composition of which alizarine is employed, can be obliterated less easily. They are of opinion that the best of all is the old description of ink made from gall-nuts and salt of iron.

### *Cleaning Kettles.*

Throw a shovelful of wood ashes into a pan, pot or kettle which has been burned; fill with water; let it boil while the dishes are being washed. Then wash it with a coarse cloth; this plan will be found to be a great saving of hands, spoons and temper.

### *Patching Carpets.*

Take pieces of cloth and paste over the holes with a paste made of gum tragacanth and water.

### *To Make Carpets Bright.*

Sprinkle them with tea leaves, sweep thoroughly, but lightly. Rub all spots with a clean dry cloth. Grease spots may be drawn out by covering with a piece of coarse brown paper, and then passing over them a warm flat-iron. The paper if soft, will absorb the grease.

### *Smoked Ceilings.*

Smoked ceilings that have been blackened by a kerosene lamp may be washed off with soda water.

### *Broken Places in Walls.*

Broken places in walls may be filled with a mixture of white sand and plaster of Paris made into a paste with a little water. Cover over with a bit of paper to match that on the wall.

### *To Keep Lemons.*

Cover with cold water, changing it every week. This makes them ripe and juicy.

*To Keep Flies off Gilt Frames.*

Boil 3 or 4 onions in a pint of water and apply with a soft brush

*Icy Windows.*

Windows may be kept free from ice, and polished by rubbing the glass with a sponge dipped in alcohol.

*Coal Ashes.*

Coal ashes make excellent garden walks. They become very hard by use, and no weeds or grass will grow through them.

*To Cleanse a Sponge.*

By rubbing a fresh lemon thoroughly into a soured sponge and rinsing it several times in lukewarm water, it will become as sweet as when new.

*To Remove Grease Spots from Carpets.*

Cover spots with flour and then pin a thick paper over; repeat the process several times, each time brushing off the old flour into a dust-pan and putting on fresh.

*Oil Cloths.*

Straw matting can be kept bright by washing twice during the summer with salt and water—say about a pint of salt dissolved in about a pailful of warm, soft water—drying the matting quickly with a soft cloth. The salt will prevent it turning yellow. Oil cloths are treated in same manner.

Clean brass kettles before using with salt and vinegar, to avoid being poisoned by the verdigris.

A few drops of oil of lavender here and there through a book-case will save a library from mold.

To cleanse articles made of white zephyr, rub in flour and magnesia, changing often. Shake off the flour, and hang the article in the sun.

Spots in calico or cloth produced by an acid may be restored by touching the spots with spirits of hartshorn. Spots produced by an alkali may be removed by moistening them with vinegar or tartaric acid.

Apples—Keep in a dry place, as cool as possible without freezing.

Brooms—Hang in the cellar way to keep soft and pliant.

Cranberries—Keep under water in cellar, change water monthly.

Flour—Keep cool, dry, and securely covered.

Herbs—Gather when beginning to blossom, keep in paper sacks.

Ink stains—Wet with spirits turpentine, after three hours rub well.

Keep an account of all supplies, with cost and date when purchased.

Nutmegs—Prick with a pin, and if good, oil will run out.

Orange and lemon peel—Dry, pound, and keep in corked bottles.

Parsnips—Keep in ground until spring.

Quicksilver and white of an egg destroy bedbugs.

Tea—Equal parts of Japan and green are as good as English breakfast tea.

Xantippe was a scold. Don't imitate her.

Youth is best preserved by a cheerful temper.

Zinc-lined sinks are better than wooden ones.

And regulate the clock by your husband's watch, and in all appointments of time remember the Giver.

## BILLS OF FARE.

The following arrangement of bills of fare for one week in each month for the year, will be found very convenient to ladies doing their own cooking. A frequent reference to these pages will, we feel sure, save the housewife much worry over the question, "What shall we have for dinner?" Soup as a regular dinner course is always in order, following raw oysters, when in season.

Fresh fish as a separate course, comes next in order.

Fruits in their natural state are too much neglected at the tables of most people.

The meals suggested below are planned with special reference to the ordinary routine of the week; to the saving of labor and fuel, and to interfere as little as possible with the work of the day.

### JANUARY.

#### *Sunday.*

*Breakfast*—Fresh fruit, sago, buckwheat cakes and maple syrup, sausage cakes, fried apples, coffee.

*Dinner*—Soup, roast turkey and oyster dressing, cranberry sauce, mashed potatoes, Lima beans, celery, hot, light biscuit, mince pie, cheese, wafers, coffee.

*Lunch*—Cold biscuit, sliced turkey, cranberry sauce, fruit, cake, tea.

#### *Monday.*

*Breakfast*—Fruit, oatmeal, waffles, broiled steak, French fried potatoes, coffee.

*Dinner*—Boiled corned beef, turnips, carrots, parsnips, cabbage, beets, potatoes, a la New England dinner, light bread, apple dumplings baked, with sauce, coffee, cheese wafers.

*Supper*—Cold rolls, sliced corned beef, apple sauce, baked potatoes, fruit, cake, tea or chocolate.

### *Tuesday.*

*Breakfast*—Hominy flakes, fruit, corned beef hash, poached eggs, boiled potatoes, hot biscuit, coffee.

*Dinner*—Turkey soup, rib roast, Yorkshire pudding, brown potatoes and gravy, stewed tomatoes, celery, baked custard, cheese, wafers, coffee.

*Supper*—Dry toast, cold sliced beef, Saratoga chips, rice, fruit, cake, tea.

### *Wednesday.*

*Breakfast*—Rice, fruit, buttered toast, calf's liver and bacon, fried potatoes, coffee.

*Dinner*—Soup, raw oysters, roast goose, steamed potatoes and turnips, slaw, boiled beets, peach pie and cream, cheese wafers, coffee.

*Supper*—Vienna rolls, cold goose, apple sauce, potatoes baked in milk, fruit, cake, tea.

### *Thursday.*

*Breakfast*—Fruit, sago, fried mush, baked potatoes, breakfast bacon, jelly, coffee.

*Dinner*—Soup, roast pork, apple sauce, baked sweet potatoes, fried parsnips, cabbage salad, plum pudding, whipped cream, cheese wafers, coffee.

*Supper*—Sliced pork, apple sauce, fried whole potatoes, Sally Lunn, jelly, rice, fruit cake.

### *Friday.*

*Breakfast*—Fruit, hominy, panned oysters on toast, fried potatoes, cookies, coffee.

*Dinner*—Macaroni soup, baked fish, corn, tomatoes, oyster salad, beets, baked potatoes, Brown Betty, cheese wafers, coffee.



*Supper*—Lobster salad, raw oysters, Saratoga chips, hot rolls, fruit cake, ambrosia.

### *Saturday.*

*Breakfast*—Cracked wheat, fruit, waffles, broiled mutton chops, fried potatoes, preserves, coffee.

*Dinner*—Soup, boiled ham, cabbage, potatoes, parsnips, beets, carrots, peach rolls, oranges, cheese, wafers, coffee.

*Supper*—Hot light rolls, cold shaved ham, banana fritters, chopped potatoes fried, fruit, cake, tea.

## FEBRUARY.

### *Sunday.*

*Breakfast*—Fruit, rice, ham balls, fried oysters, Sally Lunn, fried potatoes, cookies, coffee.

*Dinner*—Oyster soup, olives, roast duck, baked potatoes, cranberry sauce, turnips, tomatoes, celery, orange pudding, fruit cake, cheese, wafers, coffee.

*Lunch*—Raw oysters, cold duck, cold Sally Lunn, preserves, oranges, bananas, cake, tea.

### *Monday.*

*Breakfast*—Oatmeal, fruit, broiled ham, boiled potatoes, poached eggs, cookies, coffee.

*Dinner*—Baked heart, stewed tomatoes, pickled oysters, currant jelly, potatoes, turnips, apple pie, cake, cheese, wafers, coffee.

*Supper*—Light biscuit, frizzled beef, boiled potatoes, rice, preserves with cream, cake, tea.

### *Tuesday.*

*Breakfast*—Sago, fruit, rice cakes, pigs feet souse, bacon, fried potatoes, canned fruit, coffee.

*Dinner*—Tomato soup, pigeon pie, stewed potatoes, corn, pickled oysters, macaroni with cheese, boiled batter pudding, cream sauce, cheese, wafers, coffee.

*Supper*—Sliced tongue, raw oysters, soda biscuit, honey, baked potatoes, fruit, cake, tea.

### *Wednesday.*

*Breakfast*—Hominy, fruit, flannel cakes, mutton chops, escolloped eggs, fried potatoes, coffee.

*Dinner*—Boiled leg of mutton with soup, Kentucky potatoes, canned peas, sweet pickles, transparent pudding, oranges, cheese, wafers, coffee.

*Supper*—Cold shaved mutton, apple fritters, graham gems, jelly, fruit cake, tea.

### *Thursday.*

*Breakfast*—Oranges, rice, hot biscuit, broiled pork, stuffed eggs, potatoes, cookies, coffee.

*Dinner*—Soup, baked chicken, boiled tongue, olives, pickled beets, potatoes creamed, stewed onions, tomatoes, corn starch pudding with sliced oranges, cheese, wafers, coffee.

*Supper*—Tea biscuit, chicken salad, cold tongue, honey, fried potatoes, fruit cake, tea.

### *Friday.*

*Breakfast*—Hominy, codfish creamed, potatoes boiled, fried mush, rolls, preserves, coffee.

*Dinner*—Bean soup, boiled turkey, oyster sauce, cranberry sauce, mashed potatoes and turnips, cabbage salad, baked squash, prune pudding with whipped cream, oranges, cheese, wafers, coffee.

*Supper*—Frizzled beef, crumb cakes, hot mush and milk, canned fruit, cake, tea.

### *Saturday.*

*Breakfast*—Fruit, rice, fried mush, scrambled eggs, bacon, fried potatoes, griddle cakes and coffee.

*Dinner*—Beef soup, ham boiled, cabbage, turnips, potatoes, parsnips, sweet pickles, lemon pie, oranges, cheese, wafers, coffee.

*Supper*—Light biscuit, sliced ham, boiled eggs, cabbage slaw, baked potatoes, fresh tea cakes, fruit, cocoa.

## MARCH.

*Sunday.*

*Breakfast*—Cracked wheat, fruit, baked beans, Boston brown bread, soft boiled eggs, fried potatoes, coffee.

*Dinner*—Oyster stew, baked chicken with dressing, mashed potatoes, cabbage salad, Lima beans, cranberry tarts, oranges, cheese, wafers, nuts, coffee.

*Lunch*—Muffins, chicken, jelly, fruit, cake, tea.

*Monday.*

*Breakfast*—Sago, fruit, cream toast, broiled ham, omelet, creamed potatoes, coffee.

*Dinner*—Roast beef, browned potatoes, tomatoes, corn, lobster salad, celery, cottage pudding, jelly cake, fruit, raisins, coffee.

*Supper*—Sliced roast beef, potato salad, buttered toast, orange float, cake, tea.

*Tuesday.*

*Breakfast*—Hominy grits, fruit, hot rolls, fried liver and onions, Kentucky potatoes, coffee.

*Dinner*—Noodle soup, meat pie, baked potatoes, tomatoes, lettuce salad, macaroni with cheese, Charlotte russe, canned fruit, cake, cheese, wafers, coffee.

*Supper*—Rolls, shrimp salad, sliced tongue, Saratoga chips, jam, cakes, tea.

*Wednesday.*

*Breakfast*—Rice, fruit, corn muffins, broiled pork chops, escalloped eggs, cakes, jelly, coffee.

*Dinner*—Beefsteak soup, broiled steak, boiled potatoes, salsify, oyster salad, sweet pickles, transparent pudding, cream puffs, oranges, nuts, raisins, coffee.

*Supper*—Sardines with lemon, beaten biscuit, apple fritters, honey, cakes, tea.

*Thursday.*

*Breakfast*—Oatmeal, fruit, pancakes, maple syrup, sausage, stewed potatoes, preserves, coffee.

*Dinner*—Cream of pea soup, corned beef with turnips and cabbage, corn, onions, horseradish, steamed pudding, almonds, raisins, coffee.

*Supper*—Toasted muffins, sliced beef, potatoes fried whole, jelly, cake, tea.

### Friday.

*Breakfast*—Sago, fruit, corn beef hash with poached eggs, or broiled fish, fried potatoes, canned fruit, cakes, coffee.

*Dinner*—Cream of potato soup, boiled fish, oyster sauce, mashed potatoes, spinach, stewed carrots, ice cream, cake, cheese, wafers, coffee.

*Supper*—Broiled herring, buttered toast, potato salad, blackberry rolls, tea.

### Saturday.

*Breakfast*—Hominy, fruit, griddle cakes, fried steak with onions, potatoes, jelly, coffee.

*Dinner*—Bean soup, escalloped oysters, tomatoes, pickled beets, jelly, kiss pudding with sauce, cake, cheese, wafers, coffee.

*Supper*—Toasted corn pone, sliced tongue, warm gingerbread, chocolate blanc mange, tea.

## APRIL.

### Sunday.

*Breakfast*—Hominy, fruit, rolls, broiled lambs, chops, radishes, French fried potatoes, preserves, coffee.

*Dinner*—Bacon garnished with boiled eggs and sliced beets, roast lamb, mint sauce, currant jelly, new potatoes, green peas, lettuce, strawberry shortcake, cheese, wafers, coffee.

*Lunch*—Rolls, sliced lamb, raw oysters, canned fruit, cake, tea.

### Monday.

*Breakfast*—Sago, fruit, corn cakes, broiled ham, poached eggs, warmed potatoes, coffee.

*Dinner*—Roast pork, apple sauce, asparagus, new potatoes, lettuce, cherry pie, fancy cakes, fruit, nuts, raisins, coffee.

*Supper*—Pop overs, lobster with lemon, baked rhubarb, cake, tea.

### *Tuesday.*

*Breakfast*—Cracked wheat, fruit, crumb cakes, fried tripe, potato balls, jam, coffee.

*Dinner*—Asparagus soup, mince pie, new potatoes, tomatoes, pickled beets, lettuce, rhubarb pie, cream puffs, cheese wafers, coffee.

*Supper*—Tea biscuit, honey, dried beef, cabbage salad, fruit, cake, tea.

### *Wednesday.*

*Breakfast*—Rice, fruit, flannel cakes, breaded veal cutlets, curried eggs, potato cakes, coffee.

*Dinner*—Cream of barley soup, baked pig, mashed potatoes, fried parsnips, lettuce, lemon pudding, jelly cake, cheese wafers, coffee.

*Supper*—Buttered crackers toasted, cold pressed chicken, radishes, lemon fritters, strawberries and cream, cake, tea.

### *Thursday.*

*Breakfast*—Oatmeal, fruit, long breakfast rolls, broiled porterhouse steak, hominy croquettes, coffee.

*Dinner*—Chicken soup, with egg sauce, whole potatoes, spinach, lettuce, young onions, sweet pickles, orange float, caramel cake, cheese, wafers, coffee.

*Supper*—Soda biscuit, currant jelly, cold chicken, olives, floating island, cake, tea.

### *Friday.*

*Breakfast*—Sago, fruit, fried frogs, fried potatoes, corn gems, boiled eggs, cakes, coffee.

*Dinner*—Lobster soup, baked fish, baked macaroni, mashed potatoes, asparagus, lettuce, bread pudding, oranges, figs, cake, coffee.

*Supper*—Graham gems, sardines with lemon Saratoga chips, toast, cake, fruit, tea.

### *Saturday.*

*Breakfast*—Hominy, fruit, graham bread, veal cutlets, fricasseed potatoes, preserves, coffee.



*Dinner*—Boiled ham with vegetables, chili sauce, lettuce, onions, hot peach pie, cake, cheese wafers, coffee.

*Supper*—Buttered toast, cold ham with hard boiled eggs, hot rusk, honey, fruit, cake, tea.

## MAY.

### Sunday.

*Breakfast*—Hominy, fruit, batter cakes, veal cutlets, tomato omelet, cookies, coffee.

*Dinner*—Clam stew, roast lamb with mint sauce, new potatoes, diced turnips, asparagus on toast, lettuce, onions, strawberry cream, snow custard, maccaroons, coffee.

*Lunch*—Rolls, cold lamb, jelly, strawberries, mixed cake, tea.

### Monday.

*Breakfast*—Sago, fruit, buttered toast, broiled steak, potato cakes, coffee.

*Dinner*—Mutton soup, meat pie, new potatoes, asparagus, lettuce, tomatoes, steamed Indian pudding, oranges, raisins, nuts, coffee.

*Supper*—Baking powder biscuit, honey, sliced ham, sweet pickles, strawberries, cake, tea.

### Tuesday.

*Breakfast*—Rice, fruit, corn muffins, broiled steak, hashed potatoes, cottage cheese, coffee.

*Dinner*—Chicken soup, smothered chicken, Kentucky potatoes, tomatoes, cabbage salad, beets, cocoanut pudding, jelly, cake, coffee.

*Supper*—Rolls, chicken salad, French fried potatoes, strawberry shortcake, tea.

### Wednesday.

*Breakfast*—Cracked wheat, fruit, muffins, codfish, boiled eggs, radishes, cookies, coffee.

*Dinner*—Cream of bean soup, boiled tongue, chili sauce, fricasseed potatoes, cresses, asparagus with eggs, lemon pudding, cake, cheese, wafers, coffee.

*Supper*—Toasted muffins, cold tongue, potato salad, jelly tarts, tea.

*Thursday.*

*Breakfast*—Oatmeal, fruit, Sally Lunn, veal cutlets, brown gravy, radishes, coffee.

*Dinner*—Boiled beef with soup, potatoes, string beans, lettuce, spinach, cherry dumplings with sauce, cake, cheese, wafers, coffee.

*Supper*—Toasted graham bread, chipped beef, sliced tomatoes, lemon jelly.

*Friday.*

*Breakfast*—Sago, fruit, corn muffins, broiled fish, tomato sauce, fried potatoes, coffee.

*Dinner*—Vermicelli soup, chicken potpie, potatoes boiled, Lima beans, onions, radishes, currant pie, cheese, wafers, coffee.

*Supper*—Toasted muffins, asparagus on toast, sliced tongue, strawberries, cake, tea.

*Saturday.*

*Breakfast*—Hominy, fruit, bread puffs, maple syrup, fricassed potatoes, fish croquettes, coffee.

*Dinner*—Boiled leg of mutton, creamed asparagus, macaroni, potato soufflé, lettuce salad, rhubarb pie, tapioca jelly, oranges, nuts, coffee.

*Supper*—Vienna rolls, sliced mutton, Saratoga chips, rice with cream, canned plums, cake, tea.

## JUNE.

*Sunday.*

*Breakfast*—Sago, fruit, muffins, fried chicken, potatoes, omelet, jelly, cakes, coffee.

*Dinner*—Cream of corn soup, lamb cutlets broiled with green peas, summer squash, onions, beets, strawberry short cake with whipped cream, oranges, raisins, nuts, coffee.

*Lunch*—Rolls, cold chicken, toast with jelly, strawberries, cake, tea.

*Monday.*

*Breakfast*—Cracked wheat, oranges, corn batter cakes, broiled liver, scrambled eggs, coffee.

*Dinner*—Stuffed veal, asparagus, tomatoes, cresses or lettuce salad, Lima beans, raspberry blanc mange, oranges, bananas, cake, nuts, coffee.

*Supper*—Biscuits, cold veal, potatoes, fruit, cakes, tea.

### *Tuesday.*

*Breakfast*—Rice, fruit, waffles, breakfast stew, fried potatoes, boiled eggs, coffee.

*Dinner*—Boiled corn beef, potatoes, turnips, wilted lettuce, raspberry ice cream, cake, cheese, wafers, coffee.

*Supper*—Light biscuit, cold beef sliced, potatoes, rhubarb sauce, cake, tea.

### *Wednesday.*

*Breakfast*—Hominy, fruit, French rolls, corn beef hash, poached eggs, cookies, coffee.

*Dinner*—Mock turtle soup, chicken pie, mashed potatoes, turnips, spinach, lettuce, rhubarb pie, banana fritters, currant jelly, cheese, wafers, coffee.

*Supper*—Hot tea buns, canned salmon and lemon, French potatoes, stewed cherries, cake, tea.

### *Thursday.*

*Breakfast*—Ripe cherries whole, sago, graham gems, broiled porterhouse steak, fried potatoes, coffee.

*Dinner*—Carrot soup, steamed chicken, green peas, asparagus, lettuce, oranges, strawberries, cake, cheese, wafers, coffee.

*Supper*—Sliced tongue, hot buns, young onions, mixed pickies, raspberries, cake, tea.

### *Friday.*

*Breakfast*—Breakfast wheat with cream, fruit, broiled ham, omelet, hominy fritters, coffee.

*Dinner*—Green pea soup, boiled salmon, mashed potatoes, Lima beans, squash, cucumbers, rice pudding, cake, cheese, wafers, coffee.

*Supper*—Rolls, chipped beef, stuffed eggs, sliced tomatoes, berries, cake, tea.

### *Saturday.*

*Breakfast*—Fruit, waffles, broiled mutton or lamb, potatoes, stewed tomatoes, coffee.

*Dinner*—Tomato soup, ham boiled with greens, potatoes, beets, young onions, gooseberry tarts, cornstarch blanc mange, cheese, wafers, coffee.

*Supper*—Toasted gems, cold ham, radishes, potatoes, currants, cake, tea.

## JULY.

### *Sunday.*

*Breakfast*—Cherries, sago, broiled mackerel, buttered toast, poached eggs, flannel cakes, coffee.

*Dinner*—Okra soup, roast tenderloin of beef, cauliflower, browned potatoes, corn, lettuce, stuffed tomatoes, ice cream, blackberries, cake, cheese, wafers, coffee.

*Lunch*—Small biscuit, sliced ham, orange tarts, berries and cream tea.

### *Monday.*

*Breakfast*—Rice, apples, batter cakes, broiled ham, tomato omelet, sliced cucumbers, coffee.

*Dinner*—Escalloped chicken, whole potatoes, string beans, summer squash, onions, radishes, berries with cream, cake, cheese, wafers, coffee.

*Supper*—Light biscuit, sliced veal loaf, sliced tomatoes, potato salad, berries, cake, tea.

### *Tuesday.*

*Breakfast*—Melon, oatmeal, muffins, broiled steak, boiled eggs, sliced tomatoes, coffee.

*Dinner*—Mutton soup, roast beef, cauliflower with drawn butter, Lima beans, baked potatoes, huckleberry roll, cake, cheese, wafers, coffee.

*Supper*—Rolls, sliced beef, French fried potatoes, sliced tomatoes, blackberries, cake, tea.

### *Wednesday.*

*Breakfast*—Melon, hominy, cream toast, broiled porterhouse steak, omelet, stewed tomatoes, coffee.

*Dinner*—Turtle soup, broiled prairie chicken, creamed potatoes, cauliflower, tomatoes, summer squash, sliced cucumbers, radishes, charlotte russe, blackberries, cake, coffee.

*Supper*—Hot buns, sliced pressed meat or chicken, currant jelly, berries with cream, cake, tea.

### *Thursday.*

*Breakfast*—Sago, melons, waffles, fried chicken, fricasseed potatoes, sliced tomatoes, coffee.

*Dinner*—Rice soup, clam pie, mashed potatoes, string beans, lettuce, ice cream, blackberry pie, cake, cheese, wafers, coffee.

*Supper*—Rolls, sliced pressed beef, stuffed eggs, raspberries, cake, tea.

### *Friday.*

*Breakfast*—Fruit, rice, hash, fried potatoes, stewed tomatoes on toast, coffee.

*Dinner*—Fish chowder, whole potatoes, string beans boiled with bacon, baked tomatoes, egg plant, currant pie, cake, apples, raisins, nuts, coffee.

*Supper*—Broiled bacon on toast, sliced tomatoes, pickled eggs, fresh berries, cake, tea.

### *Saturday.*

*Breakfast*—Melons, hominy, breakfast puffs, stewed kidneys, radishes, onions, coffee.

*Dinner*—Potato soup, boiled ham, cabbage, potatoes, turnips, cucumber salad, apple sauce, lemon pie, berries, cake, cheese, wafers, coffee.

*Supper*—Warm biscuits, cold ham, stuffed eggs, rice, berries, cake, lemonade.



## AUGUST.

*Sunday.*

*Breakfast*—Melon, fried chicken with gravy, fried tomatoes, cottage cheese, corn fritters, coffee.

*Dinner*—Chicken soup, fried gumbo, broiled chicken, mashed potatoes, corn on the ear, lettuce, cucumbers, watermelon, lemonade.

*Lunch*—Light biscuit, sliced ham, sliced tomatoes, peaches and cream, cake, tea.

*Monday.*

*Breakfast*—Peaches, cracked wheat, batter cakes, stewed codfish, tomato omelet, coffee.

*Dinner*—Baked lamb, creamed cabbage, stuffed tomatoes, corn, potatoes, blackberry pie, fresh berries, cake, cheese, wafers, coffee.

*Supper*—Biscuit, sliced lamb, cucumbers, sliced tomatoes, fresh berries, cake, tea.

*Tuesday.*

*Breakfast*—Nutmeg melons, broiled bacon on toast, corn fritters, sliced tomatoes, coffee.

*Dinner*—Veal soup, roast prairie chicken, mashed potatoes, young turnips, beets, boiled onions, ice cream, peaches, cake, nuts, coffee.

*Supper*—Toasted muffins, chipped beef, sliced tomatoes, lettuce, berries, cake, tea.

*Wednesday.*

*Breakfast*—Fruit, sago, corn gems, croquettes of mutton or other cold meat, fried apples, fried potatoes, coffee.

*Dinner*—Pea soup, fillet of veal stuffed, cream potatoes, summer squash, new beets, lemon meringue pie, berries, cake, coffee.

*Supper*—Rolls, cold veal, biscuit and honey, berries, cake, tea.

*Thursday.*

*Breakfast*—Melon, rice, Sally Lunn, fried chicken, stewed tomatoes, coffee.

*Dinner*—Vegetable soup, brown stew, baked potatoes, stewed corn, escolloped tomatoes, wilted lettuce, watermelon, cheese, wafers, coffee,

*Supper*—Rolls, frizzled beef, baked potatoes, sliced cucumbers, fruit cake, tea.

### *Friday.*

*Breakfast*—Melon, hominy, mutton stew, rice cakes, fried potatoes, coffee.

*Dinner*—Baked fish, boiled potatoes, stewed tomatoes, Lima beans, cabbage salad, watermelon, grapes, peaches, cake, coffee.

*Supper*—Toast, cold pressed meat, sliced tomatoes, lemon jelly, cakes, tea.

### *Saturday.*

*Breakfast*—Peaches, grapes, rice, buttered toast, potatoes, omelets with tomatoes, coffee.

*Dinner*—Boiled ham or shoulder with potatoes, cabbage, turnips, cucumber salad, huckleberry pie, cream puffs, cheese, wafers, coffee.

*Supper*—Ham, omelet, poached eggs on toast, berries, cake, tea.

## SEPTEMBER.

### *Sunday.*

*Breakfast*—Melons, sago, vegetable hash, broiled veal cutlets, fried tomatoes, coffee.

*Dinner*—Broiled prairie chicken, baked sweet potatoes, green corn, cauliflower, plum sauce, cabbage salad, peach pyramid, ice cream, coffee.

*Lunch*—Sliced ham, biscuit, baked pears, cake, tea.

### *Monday.*

*Breakfast*—Cream toast and fruit, prairie chicken stewed, fried potatoes, sliced tomatoes, coffee.

*Dinner*—Roast beef, potatoes, green corn, egg plant, suceotash, watermelon, cake, cheese, wafers, and coffee.

*Supper*—Cold sliced beef, French potatoes, baked apples, cake and tea.

## *Tuesday.*

*Breakfast*—Fruit, hominy, buttered toast with hash, corn fritters, cookies, and coffee.

*Dinner*—Soup, vegetable, chicken pie, potatoes, Lima beans, onions, slaw, baked custard, cake, oranges, nuts, and coffee.

*Supper*—Rolls, dried beef, sliced tomatoes, peaches and cream, cake and tea.

## *Wednesday.*

*Breakfast*—Fruit, rice, Sally Lunn, broiled chickens, cucumbers, coffee.

*Dinner*—Boiled beef with potatoes, turnips, green corn, pickled beets, apple pie, fresh fruits, cake, nuts, coffee.

*Supper*—Biscuit, sliced beef, sliced tomatoes, grapes and peaches, cake, tea.

## *Thursday.*

*Breakfast*—Fruit, sago, hot muffins, fried chicken and fried cabbage, jelly, tea.

*Dinner*—Pea soup, veal pot pie, Lima beans, carrots, corn, peach meringue, cake, fresh fruits, coffee.

*Supper*—Vienna rolls, pressed chicken, currant jelly, baked apples, cake, tea.

## *Friday.*

*Breakfast*—Fruit and oatmeal, broiled ham, poached eggs on toast, cucumbers, coffee.

*Dinner*—Baked fish, boiled potatoes, baked onions, egg plant, cabbage salad, ice cream, peaches, grapes, nuts, coffee.

*Supper*—Cold tongue, soda biscuit and hominy, sliced tomatoes, fruit cake and tea.

## *Saturday.*

*Breakfast*—Nutmeg melons, sago, broiled mutton chops, fried potatoes, currant jelly, coffee.

*Dinner*—Soup, roast pork, apple sauce, mashed potatoes, creamed cabbage, stewed corn, beet pickles, peach cake with whipped cream, cheese, wafers,, coffee.

*Supper*—Sliced pork, tea rolls, banana fritters, fruit, cake and tea.

## OCTOBER.

*Sunday.*

*Breakfast*—Fruit, cracked wheat, broiled oysters, baked apples, corn batter cakes, coffee.

*Dinner*—Oyster soup, roast wild duck, grape jelly, celery, mashed potatoes and turnips, slaw, sliced peaches, ice cream, cake, grapes, coffee.

*Lunch*—Rolls, sliced duck, sliced tomatoes, jelly, fruit, cake, tea.

*Monday.*

*Breakfast*—Fruit, hominy, corn batter cakes, broiled mutton chops, tomatoes, coffee.

*Dinner*—Roast beef, potatoes, turnips, corn, tomatoes, baked custard, cake, fruit, cheese, wafers, coffee.

*Supper*—Sliced beef, hot rolls, baked apples, fruit, cake, cocoa.

*Tuesday.*

*Breakfast*—Fruit, rice, broiled pork chops, flannel cakes, fried potatoes, preserves, coffee.

*Dinner*—Soup, pigeon pie, Lima beans, stuffed cabbage, tomatoes, sweet pickles, apple fritters with sauce, grape tarts, cake, fruit, nuts, coffee.

*Supper*—Sliced veal loaf, cottage cheese, muffins, cake, fruit, tea.

*Wednesday.*

*Breakfast*—Fruit, sago, fried oysters, stewed tomatoes, poached eggs on toast, cookies, coffee.

*Dinner*—Bean soup, breaded chicken, mashed potatoes, sweet potatoes, baked tomatoes, apples, grapes, cake, coffee.

*Supper*—Cold tongue, corn fritters, grape jelly, baked quinces, cake, and tea.

*Thursday.*

*Breakfast*—Fruit, hominy, hot rolls, broiled bacon, fricasseed potatoes, cookies, coffee.

*Dinner*—Soup, ragout of beef, potatoes, turnips, beets, rice, apples, cake, fruit, cheese wafers, olives, coffee.

*Supper*—Panned oysters on toast, Saratoga chips, Charlotte Russe, cake, tea.

*Friday.*

*Breakfast*—Fruit, oatmeal, broiled mutton chops, potato cakes, muffins, jelly and coffee.

*Dinner*—Boiled trout, whole potatoes, creamed cabbage, tomatoes, fried egg plant, rice pudding, cocoanut cake, fruit, nuts, coffee.

*Supper*—Broiled Bologna sausage, light rolls, stewed quinces, cake, tea.

*Saturday.*

*Breakfast*—Fruit, cracked wheat, graham gems, veal cutlets, potato croquettes, coffee.

*Dinner*—Boiled mutton, soup, potatoes, turnips, carrots, beets, pickles, baked apple dumplings with sauce, fruit, cakes, cheese wafers, coffee.

*Supper*—Hot biscuit, cold tongue, stewed pears, cake, tea.

## NOVEMBER.

*Sunday.*

*Breakfast*—Fruit, sago, cream toast, escolloped eggs, fried chicken, gravy, coffee.

*Dinner*—Stewed oysters, roast wild goose, stewed apples, celery, turnips, sweet potatoes, pumpkin pie, apples, oranges, nuts, coffee.

*Lunch*—Tea rolls, cold sliced goose, currant jelly, stewed plums, cakes, tea.

*Monday.*

*Breakfast*—Fruit, hominy, broiled pork, potato cakes, raspberry jam, fried cakes, coffee.

*Dinner*—Soup, roast beef, sweet potatoes, boiled turnips, chicken salad, beet pickles, peach pie, grapes, jelly cake, cheese, wafers, coffee.

*Supper*—Sally Lunn, cold roast beef, fried apples, fruit, cake, tea.

*Tuesday.*

*Breakfast*—Fruit, sago, fried venison, currant jelly, fried sweet potatoes, coffee.

*Dinner*—Stewed beef, creamed onions, turnips, cabbage salad, boiled potatoes, celery, apple pie, fruit pudding, cheese, wafers, coffee.



*Supper*—Toasted Sally Lunn, cold spiced beef, cranberry tarts, cake, tea.

### *Wednesday.*

*Breakfast*—Fruit, rice, graham gems, fried liver, fried cabbage, potatoes, coffee.

*Dinner*—Baked chicken, oyster pie, mashed potatoes, parsnips, celery, baked custard, jelly cake, cheese, wafers, coffee.

*Supper*—Cold chicken, rice fritters, canned fruit, cake, tea.

### *Thursday.*

*Breakfast*—Fruit, hominy, waffles, broiled steak, fried potatoes, preserves, coffee.

*Dinner*—Veal pot pie, escalloped oysters, celery, slaw, mashed potatoes, cream pie, plum pudding, fruit, nuts, coffee.

*Supper*—Toasted muffins, canned salmon, rusk, stewed pears, tea.

### *Friday.*

*Breakfast*—Fruit, oatmeal, poached eggs on toast, oyster fritters, fried mush, coffee.

*Dinner*—Turbot, mashed potatoes, turnips, macaroni with cheese, grape pie, cake, fruit, coffee.

*Supper*—Light rolls, salmon with lemon, rice fritters, fruit, cake, tea.

### *Saturday.*

*Breakfast*—Fruit and sago, corn bread, spareribs, potatoes, coffee.

*Dinner*—Turkey soup, venison steak, French fried potatoes, carrots, delicate cabbage, rice pudding, canned fruit, coffee.

*Supper*—Cold rolls, soused beef, stewed fruit, tea cakes, cocoa.

## DECEMBER.

### *Sunday.*

*Breakfast*—Fruit, rice, sausage, buckwheat cakes, maple syrup, chopped potatoes, crullers, coffee.

*Dinner*—Roast haunch of venison, currant jelly, mashed potatoes, tomatoes, apple sauce, celery, fig pudding, cranberry tarts, oranges, grapes, raisins, nuts, coffee.

*Lunch*—Tea buns, cold venison, pineapple, lady fingers, chocolate.

*Monday.*

*Breakfast*—Fruit, hominy, broiled steak, French fried potatoes, corn fritters, coffee.

*Dinner*—Baked veal, potatoes, salsify, cabbage salad, sweet pickles, minute pudding, mince pie, fruit, coffee.

*Supper*—Cold veal, Sally Lunn, baked apples, cake, tea.

*Tuesday.*

*Breakfast*—Fruit, sago, hot rolls, fried liver, oyster omelet, jelly, coffee.

*Dinner*—Bean soup, roast pig, apple sauce, steamed potatoes, parsnips and beets, slaw, peach pie with cream, cheese, wafers, coffee.

*Supper*—Cold rolls, sliced tongue, apple snow, plum jelly, cake, tea

*Wednesday.*

*Breakfast*—Fruit, rice, cream toast, sweetbreads, potatoes fried whole, apple fritters, coffee.

*Dinner*—Mutton soup, mutton with caper sauce, baked potatoes, Lima beans, tomatoes, celery, ice cream, peach pie, cheese, wafers, coffee.

*Supper*—Toasted muffins, sliced mutton, canned cherries, orange cake, chocolate.

*Thursday.*

*Breakfast*—Fruit, hominy, graham gems, broiled ham, egg omelet, potatoes, coffee.

*Dinner*—Vermicelli soup, roast quail, baked potatoes, Lima beans, stewed tomatoes, celery, pumpkin pie, apples, raisins, nuts, coffee.

*Supper*—Rolls, sliced tongue, fried apples, canned apricots, tea cakes, tea.

*Friday.*

*Breakfast*—Fruits, oatmeal, Sally Lunn, fried oysters, stewed potatoes, cookies, coffee.

*Dinner*—Stewed fish, mashed potatoes, squash, Lima beans, tomatoes, celery, chocolate pudding, mince pie, cheese, wafers, coffee.

*Supper*—Fricassee oysters, slaw, celery, waffles, honey, canned pears, cake, tea.

*Saturday.*

*Breakfast*—Fruit, sago, buckwheat cakes, stewed rabbit, potato cakes, coffee.

*Dinner*—Bean soup, broiled venison steak, mashed potatoes, string beans, beets, celery, vinegar pie, molasses, pudding, fruits, nuts, coffee.

*Supper*—Toasted graham bread, cold sliced tongue, Saratoga chips, floating island, cake, tea.





## INDEX.

	PAGE.		PAGE.
Ants and Roaches.....	482	Beets.....	222
Almonds, salted or roasted.....	292	Beverages, hot and cold.....	361
Artichokes, French.....	234	Bills of fare, holiday.....	17
Jerusalem.....	234	of fare, weekly.....	492
Asparagus.....	225	Biscuits.....	73
Bacon, to cure.....	183	baking powder.....	73
Beans, baked.....	231	beaten.....	77
Barley, boiled.....	352	cream.....	73
Bay leaf, flavoring.....	94	potato.....	75
Beans, Lima, dried.....	231	potato No. 1.....	75
Lima, string.....	231	raised.....	74
with pork.....	231	tea.....	75
gear meat, to cook.....	207	Blanc mange, ornamental froth for.....	282
meat steaks.....	207	corn starch.....	283
Beef.....	159	cream fruit.....	283
balls.....	168	farina.....	283
brine for.....	182	ivory.....	281
corned, boiled.....	164	quince.....	283
cold, to serve.....	168	rice.....	284
dressing for.....	172	sago.....	283
dried, with cream.....	169	tapioca.....	282
deviled.....	170	Boiled dinner.....	230
gravies for.....	173	English style.....	230
heart.....	166	Bread.....	62
hash, corned.....	168	Boston brown.....	70
hamburger, steak.....	169	Boston brown, No. 2.....	70
minced.....	172	Boston brown, unfermented.....	71
patties.....	164	brown, plain.....	71
potted.....	166	brown, steamed.....	71
pounded.....	169	brown, Virginia.....	69
roast.....	165-164	corn.....	72
spiced.....	168	corn cake.....	72
steak, boiled.....	163	corn, steamed.....	72
steak, onions.....	163	corn, pone or dodgers.....	72
steak pie.....	164	corn, Southern.....	71
stew, browned.....	165	corn, Virginia.....	72
tongue, boiled.....	170	crumbs, prepared.....	353
to clarify drippings.....	170	Graham, No. 1.....	69



	PAGE.		PAGE.
Bread, Graham, No. 2.....	69	Cake, fruit, Washington..	318
Graham, No. 3.....	69	fruit, wedding.....	315
Graham, quick.....	70	fruit, white.....	316
light, excellent.....	68	ginger.....	334
puffs.....	75	gingerbread, soft.....	334
rye.....	71	molasses, No. 1.....	334
salt rising.....	67	ginger molasses, No. 2.....	335
sponge, corn meal.....	67	gold.....	325
sponge, potato.....	66	gold No. 2.....	325
steamed brown.....	66	Mrs. Hoover's.....	335
wheat.....	66	huckleberry.....	336
yeast, hop.....	67	ice cream.....	319
yeast, milk.....	68	imperial.....	316
Broth, mutton Scotch.....	97	jelly, roll.....	330
Buns.....	79	layer, good.....	326
Butter, to make.....	376	layer, fruit.....	326
to make quickly.....	376	loaf.....	325
currant jam.....	53	loaf, Aunt Hattie's.....	336
grape.....	53	lemon cheese.....	336
orange.....	53	marble.....	323
pumpkin.....	53	Minnehaha.....	327
to preserve.....	377	miscellaneous.....	333
Cake making, an art.....	308	Neapolitan.....	329
angel food.....	321	Nelly's.....	324
berry tea.....	83	peach.....	329
blackberry.....	336	pineapple.....	336
birthday.....	321	plum, little.....	317-340
breakfast.....	83	popovers, Alma's.....	83
bride's.....	318-322	pork.....	322
caramel.....	328	raisin.....	321
cinnamon.....	76	Romeo and Juliet.....	327
cider.....	324	ribbon.....	326
cream, spice.....	322	rice.....	323
chocolate, delicious.....	329	silver.....	325
composition.....	343	Scotch.....	334
corn.....	86	sponge, excellent.....	319
cup.....	337	sponge, milk.....	320
delicate.....	323-326	sponge, old fashioned.....	319
dominoes.....	337	sponge, plain.....	319
pound.....	321	sponge, small.....	320
favorite snow.....	329	sponge, velvet.....	319
fig.....	327-328	sponge, white.....	320
fried.....	329	snow.....	324
fruit, coffee.....	317	short, strawberry.....	335
fruit, Empress.....	315	variegated.....	337
fruit.....	318	vanities.....	329
fruit, raised.....	317	watermelon.....	324
fruit, fine.....	317	white lady.....	323
fruit, molasses.....	318	white mountain.....	327
fruit, plain cream.....	316	white perfection.....	326
fruit, superior.....	316	Cabbage, boiled.....	218

	PAGE.
Cabbage, creamed.....	220
delicate .....	218
slaw, hot.....	218
with corned beef.....	218
Calf's head, boiled .....	171
liver with bacon.....	172
Candy.....	403
caramels, chocolate.....	409
creams.....	405
creams, almond.....	405
creams, cherry.....	406
creams, chocolate.....	406
creams, cocoanut.....	406
creams, date.....	406
creams, nuts and fruit.....	407
creams, Tutti Frutti.....	408
fig.....	406
horehound.....	409
lemon.....	409
macaroons, hickory nut.....	409
maple.....	408
molasses.....	407
molasses, peanut.....	408
molasses, walnut.....	408
peppermint drops.....	409
popcorn.....	409
stick.....	407
taffy.....	408
vinegar.....	408
Carrots.....	221
stewed.....	221
Carving.....	145
beef.....	146
fish.....	158
fowls.....	158
goose.....	156
mutton.....	151
partridge.....	157
pheasants.....	157
pork.....	150
quail.....	157
turkey.....	155
veal.....	148
venison.....	154
Cauliflower.....	217
with sauce.....	217
Catsups, cucumber.....	402
currant.....	402
gooseberry.....	403
grape.....	403
mushroom.....	403

	PAGE.
Catsups, oyster.....	404
tomato, green.....	402
tomato, ripe.....	401
tomato, sour.....	401
tomato, soy.....	402
spiced.....	402
walnut.....	403
Celery seed.....	94
stewed.....	130
Charlotte, apple.....	285
banana.....	280
fruit.....	280
meringue.....	280
russe, extra.....	279
russe, plain.....	279
Cheese, to keep moist.....	377
bonny clabber.....	379
cottage.....	378
New Jersey cream.....	378
ramakins.....	379
scalloped.....	379
souffle.....	378
toasted.....	379
Chicken, to select.....	186
to clean.....	186
to cut.....	187
to stuff.....	187
with oysters.....	191
broiled.....	188
cecils.....	192
croquettes.....	190
fricasseed.....	191
fricasseed brown.....	191
fricasseed white.....	192
jellied.....	189
larded and roasted.....	188
pie with oysters.....	189
potted.....	190
pot pie.....	192
pressed.....	190
smothered.....	188
stewed.....	189
stew, dumplings.....	192
Chocolate.....	364
Chowder, fish.....	120
Clams.....	141
Clam chowder.....	141
Clams fried.....	142
Clam fritters.....	142
roast.....	141
stew.....	141

	PAGE.		PAGE.
Cocoa .....	365	Custards, baked.....	276
Coffee .....	362	boiled .....	276
filtered.....	362	cream.....	278
picnic.....	363	cup.....	277
pot, the to improvise.....	363	farina.....	278
whipped cream.....	363	lemon .....	277
Cookies.....	337	mottled.....	278
cocoanut.....	338	orange.....	278
fruit .....	338	quaking.....	281
ginger.....	339	snow .....	277
graham.....	339	tapioca .....	278
graham ginger.....	339	Dainty dishes.....	276
soft cream.....	338	almonds salted.....	292
Corn, boiled.....	226	angel snow .....	289
cold.....	226	apple charlotte.....	290
dried .....	227	apple moulded.....	289
oysters.....	226	apple snow .....	288
roasted green.....	226	apple trifle .....	288
Cornucopias .....	342	banana dessert .....	289
Crabs.....	139	cream cheese .....	292
deviled .....	139	cream cheese, English.....	292
scalloped.....	139	dessert puffs .....	291
soft shell.....	140	Dutch cheese.....	293
to boil.....	139	floating island .....	290
Cracked wheat.....	351	jelly fritters .....	291
Crackers, egg.....	350	jelly kisses .....	291
French.....	350	lemon jelly .....	293
milk.....	350	macaroons .....	292
oatmeal.....	351	macaroons, chocolate.....	292
plain .....	351	orange float .....	290
Cream, American.....	286	peach dessert.....	289
chocolate Bavarian.....	286	trifle, lemon.....	289
coffee, Bavarian.....	287	Dairy products .....	376
fried.....	286	Dining room, table arrangements.....	20
Hamburg.....	286	table etiquette .....	23
Italian.....	285	hints, general .....	22
raspberry.....	284	Doughnuts.....	343
strawberry .....	284	raised .....	345
whipped .....	285	puff balls .....	345
winter snow.....	285	snow balls .....	345
Croutons for soup.....	111	Dressing.....	207
Crullers and doughnuts.....	343	for roast beef.....	172
delicate.....	344	or fillings .....	207
French .....	344	oyster .....	209
French straws .....	346	Drinks .....	361
fried .....	345	buttermilk .....	366
knickerbocker.....	340	egg nogg .....	368
nut cakes .....	345	elderberry syrup .....	366
Crumpets .....	78	ginger nectar.....	366
Cucumbers, fried.....	225	ginger pop .....	366
Curry powder.....	24	Kumkum or milk beer.....	364

	PAGE.		PAGE.
Drinks, Roman punch.....	373	Dyeing or coloring, to color scarlet, aniline....	473
raspberry shrub.....	366	to color slate.....	473
red currant.....	368	to color violet.....	473
strawberry sherbet.....	365	to color wine color.....	474
mead.....	367	to color yellow.....	473
Ducks, canvas back.....	198	to color yellow.....	478
tame.....	197	to color yellow, rich.....	476
wild.....	197	to dye hats or bonnets.....	480
wild, roast.....	197	to set a color.....	478
Dumplings, apple No. 1.....	274	a forgotten color.....	478
apple No. 2.....	274	Dyeing, to dye feathers.....	479
apple, baked.....	275	to dye flowers.....	479
apple cobbler.....	275	to dye furs.....	480
rice.....	274	to varnish hats.....	480
Dyeing or coloring.....	471	Eels, a la tartare.....	123
to bleach feathers.....	480	to fry, No. 1.....	123
to bleach goods to dye.....	471	to fry, No. 2.....	113
to color black.....	479	Eggs.....	355
to color black.....	476	baked.....	358
to color black.....	472	bals, for soup.....	111
to color blue.....	478	boiled.....	356
to color blue.....	472	boiled, soft.....	357
to color blue.....	477	broiled, with ham.....	357
to color blue, navy.....	472	broiulle.....	359
to color blue, quick.....	474	curried.....	360
to color blue, sky.....	477	fried.....	357
to color brown.....	479	fried, ham.....	357
to color brown.....	472	omelet, baked.....	359
to color brown, silk.....	472	omelet.....	360
to color brown, snuff.....	479	omelet, batter.....	360
to color brown, any shade.....	475	omelet, meat.....	360
to color claret.....	476	omelet, plain.....	356
to color crimson.....	475	on toast.....	349
to color dove or slate.....	476	poached or dropped.....	357
to color green.....	473	plant fried.....	220
to color green.....	475	plant scolloped.....	220
to color green.....	478	plant with butter.....	220
to color green, bottle.....	476	scrambled.....	354, 357
to color lilac.....	473	scolloped.....	359
to color mulberry.....	476	stuffed.....	358
to color orange.....	475	to pickle.....	359
to color orange.....	477	to preserve.....	356
to color pink.....	474	to preserve, No. 2.....	356
to color pink.....	478	Farina.....	351
to color purple.....	476	Fillings for cakes.....	330
to color red, plain.....	475	almond, cream.....	332
to color red, madder.....	474	apple jelly.....	333
to color Russian brown.....	476	chocolate.....	330
to color salmon.....	476	chocolate caramels, No. 1.....	331
to color scarlet.....	477	chocolate frosting.....	331
to color scarlet.....	474	cocoanut.....	333

	PAGE.		PAGE.
Fillings for cakes, cocoanut chocolate.....	333	Frogs, stewed.....	123
cream, plain.....	330	Fruits, canned.....	34
cream, whipped.....	330	sealing wax for.....	35
lemon.....	332	canned apples.....	38
lemon jelly.....	331	canned, condensed.....	36
orange.....	331	condensed, elder berries.....	38
or stuffings.....	330	condensed, juices.....	38
nut.....	332	condensed, mince meat.....	39
peach, cream.....	332	condensed peaches.....	36
Fish, a la reine.....	121	condensed pears.....	38
baked.....	117	condensed currants.....	40
baked blue.....	118	condensed pie plant.....	39
bass.....	118	canned plums.....	39
boiled.....	119	canned pineapples.....	37
carp, stewed.....	123	canned pumpkins.....	38
codfish, creamed (salt).....	122	canned quinces.....	37
codfish balls.....	122	canned raspberries.....	38
baked pickerel.....	117	canned strawberries.....	37
baked whitefish.....	117	canned tomatoes.....	40
cusk, a la creme.....	121	cooked.....	30
haddock, baked.....	117	cooked apples.....	32
halibut steak.....	119	cooked apples, boiled and spiced.....	30
halibut, to broil.....	115	cooked apples, coddled.....	31
halibut, to fry.....	114	cider apple sauce.....	30
mackerel (salt), to broil.....	115	cooked apple sauce, dried.....	31
mackerel (salt), to fry.....	114	cooked apples, stewed.....	31
pickerel, baked.....	117	cooked berries.....	32
salmon, canned.....	122	cooked rhubarb.....	32
salmon, smoked.....	119	cooked blackberry mush.....	32
salmon, cutlets.....	121	cooked cranberry sauce.....	32
salmon.....	118	cooked pears.....	31
shad, broiled.....	115	cooked prunes.....	31
shad, planked.....	120	cooked quinces.....	32
shad, to cure or smoke.....	120	dried.....	34
shrimps.....	119	dried apples.....	41
smelts, to fry.....	113	dried blackberries.....	40
to fry.....	113	dried cherries.....	40
trout, brook, to fry.....	114	dried currants.....	40
Force meat, chicken.....	208	dried peaches.....	41
Fragments.....	385	dried plums.....	40
Fritters.....	87	dried pumpkin.....	41
apple.....	87	iced currants.....	29
banana.....	88	fresh.....	27
currant.....	88	fresh apples.....	28
green corn.....	88	fresh bananas.....	29
parsnips.....	89	fresh blackberries.....	28
peach.....	88	fresh currants.....	28
pineapple.....	89	fresh dewberries.....	28
rice.....	88	fresh grapes.....	28
Frostings, see icings.....	303	fresh oranges.....	28
Frogs, fried.....	123	fresh peaches.....	28



	PAGE.		PAGE.
Fruits, fresh pineapples.....	27	Health suggestions, burns and bruises.....	446
fresh pomegranates.....	30	constipation.....	449
fresh raspberries.....	28	cough syrup.....	447
fresh strawberries.....	29	cuts and burns.....	445
frozen.....	375	bites of dogs.....	449
frozen bananas.....	374	eye, dirt in.....	445
frozen cherries.....	375	the breath.....	450
frozen mixed.....	375	felon.....	448
frozen peaches.....	375	cold in head.....	437
colorings for.....	37	hoarseness.....	446
spiced.....	397, 398	liniment.....	447
Geese and goslings.....	198	liniment, valuable.....	450
Gems.....	80	leanness.....	450
corn.....	80	mustard plaster.....	450
Graham, plain.....	82	nipples, bleeding.....	445
Graham, plain, No. 2.....	82	nipples, sore.....	445
Graham, with dates.....	80	nipples, to harden.....	445
sweet milk.....	81	nose bleeding.....	445
Giblet stew.....	207	poultice, linseed.....	450
Goose, roast.....	198	sleeplessness.....	448
stuffed, sauer kraut.....	199	sprains.....	448
Gravies, for roasts.....	172	toothache.....	437
Greens.....	225	vomiting, to check.....	447
dandelions, boiled.....	228	teething.....	437
kale.....	234	Hominy.....	233
sea kale.....	234	croquettes.....	234
sour dock.....	228	Horseradish, to prepare.....	132
Gridge cakes.....	83	Ice creams.....	303
berry.....	84	apricot.....	306
buckwheat.....	87	banana.....	305
buttermilk.....	85	chocolate.....	304
corn meal.....	83	chocolate, No. 2.....	304
flannel, yeast.....	86	coloring for.....	33
flannel, quick.....	85	cocoanut.....	306
Graham.....	84, 85	coffee.....	305
Johnny.....	85	fruit.....	305
French.....	84	lemon.....	304
raised potato.....	86	peach.....	306
rice.....	84	pineapple.....	306
Guinea fowls.....	199	strawberry.....	305
Gumbo filee.....	94	Tutti Frutti.....	306
Ham, boiled.....	179	vanilla.....	305
croquettes.....	179	Ices.....	370
broiled.....	178	Icings.....	312
fried.....	179	almond.....	314
boned.....	180	chocolate.....	315
Hare, juggled.....	205	chocolate cream.....	315
Hash on toast.....	349	frosting, boiled.....	312
Health suggestions.....	437	frosting, eggless.....	312
asthma.....	448	frosting, eggless, quick.....	313
bee stings.....	448	frosting, gelatine.....	315

	PAGE.		PAGE.
Icings, frosting, quick.....	313	Jellies, currant, white.....	59
frosting, maple syrup.....	315	four fruit.....	58
frosting, Tutti Frutti.....	314	grape.....	57
Invalids, food for.....	410	lemon.....	59
apples, baked.....	414	orange, Florida.....	57
cup pudding.....	414	orange, syrup.....	59
beef tea.....	411	peach.....	58
broiled beefsteak.....	415	pie plant ..	59
broiled chicken.....	411	plum.....	59
broiled quail.....	411	plum, wild.....	59
broiled squirrel.....	411	port.....	61
broiled woodcock.....	411	pyramid.....	60
broth, chicken.....	411	quince.....	57
broth, dried beef.....	411	raspberry.....	56, 58
broth, grease removed from.....	411	to clarify.....	55
broth, mutton.....	411	tomato.....	58
broth, veal.....	411	wine.....	61
fever drink.....	413	Jumbles.....	337
flour, prepared.....	414	cocoanut.....	340
gems, graham.....	412	horns of plenty.....	340
onion.....	412	plain No. 1.....	341
jelly ice.....	413	plain No. 2.....	341
jelly, arrowroot.....	412	kidneys, stewed.....	170, 174
jelly, chicken.....	413	Kisses.....	339, 342
jelly, port wine.....	412	Kitchen and laundry, articles for.....	451
jelly, tapioca.....	410	Lady fingers.....	341
oyster stew.....	415	Lard, to try out.....	182
panada.....	413	Larks.....	203
porridge, milk.....	412	Layer cakes.....	326
potatoes, roasted.....	412	Lemonades.....	367
soup, vegetable.....	412	Lettuce, Dutched.....	220
toast, plain milk.....	414	wilted.....	220
toast, soft.....	414	Lobster, boiled.....	140
toast, water.....	413	Cecil sauce.....	140
Jams.....	51	scolloped.....	141
blackberry.....	51	Lunches.....	382, 384
currant.....	51	Macaroni.....	233
gooseberry.....	46	baked.....	233
grape.....	51	with cheese.....	233
orange.....	52	Marmalade, apple.....	55
raspberry.....	51	French.....	60
rhubarb.....	52	grape.....	54
strawberry.....	51	lemon.....	54
Jellies.....	55	peach.....	54
apple.....	60	pineapple.....	55
blackberry.....	58	quince.....	54
brandy.....	61	Meat balls, forced.....	110
cherry.....	58	balls, for soup.....	99
crab apple.....	57	to protect from flies.....	163
cranberry.....	57	Melons.....	29
currant.....	56	nutmeg.....	29

	PAGE.		PAGE.
Melons, water.....	29	Miscellaneous—To purify drains.....	481
Mince meat.....	254	to remove grease from carpets.....	491
meat No. 2.....	254	to remove iron stains from marble.....	487
meat mock, meatless.....	255	to remove paint.....	483
Miscellaneous.....	481	to remove rust from knives.....	483
broken places in walls.....	489	to remove soot from carpets.....	486
coal ashes.....	490	to remove taste from new wooden vessels..	484
icy windows.....	490	to restore blackened silver.....	483
ink, the best.....	489	to temper lamp chimneys, etc.....	485
lamps.....	485	to wash oil cloth.....	487
lamps, to trim.....	485	to wash windows.....	487
lamp wicks.....	485	very superior furniture polish.....	488
oil cloths.....	490	Muffins.....	80
patching carpets.....	487	corn meal, eggless.....	81
rats and mice.....	482	English.....	77
smoked ceilings.....	489	hominy.....	81
stained brass.....	483	plain.....	81
to clean a library.....	486	quick.....	86
to clean a sponge.....	490	Mush, corn meal.....	352
to clean gold chains.....	484	fried.....	352
to clean grained woodwork.....	487	Graham, plain.....	351
to clean ivory ornaments.....	485	rye.....	351
to clean knives.....	482	Mushrooms.....	229
to clean lamp burners.....	484	baked.....	229
to clean lamp chimneys.....	485	boiled.....	229
to clean matting.....	486	canned, to stew.....	229
to clean mica.....	486	on toast.....	350
to clean oil and varnished woods.....	486	fried.....	230
to clean painted woodwork.....	487	Mustard, French.....	131
to clean silver.....	484	Mutton.....	175
to clean stove pipes.....	482	baked, with dressing.....	176
to destroy ant beds in lawns.....	487	boiled, caper sauce.....	176
to destroy bed bugs.....	482	broiled.....	175
to harden the soles of boots and shoes.....	484	chops, fried.....	175
to keep a copper kettle bright.....	483	minced.....	177
to keep flies off gilt frames.....	490	lamb patties.....	178
to keep lemons.....	489	lamb, pressed.....	177
to keep refrigerators pure.....	483	lamb, stewed, peas.....	177
to kill moss, weeds and earthworms.....	488	leg of mutton, roast.....	176
to make carpets bright.....	489	fore-quarter lamb roast.....	176
to make liquid glue.....	488	roasted leg.....	177
Miscellaneous—To make mucilage.....	488	scraps.....	177
to make stair carpet pads.....	486	Noodles.....	95
to mend china.....	488	Nursery, the.....	440
to oil a floor.....	487	chafing.....	444
to prepare wooden pails to use.....	484	cold, protection from.....	442
to preserve gilt frames.....	484	cough, cure for.....	442
to preserve umbrellas.....	488	croup, No. 1.....	441
to prevent moths.....	481	croup, No. 2.....	441
to prevent stoves rusting.....	483	diarrhoea.....	444
to purify cisterns.....	481	diphtheria.....	444

	PAGE.		PAGE
Nursery, ear, the.....	442	Toilet, complexion wash, No. 2.....	465
infant, the.....	440	face powder.....	465
nose bleed.....	442	flesh worms.....	466
nose, to expel substances.....	442	moth patches.....	466
nursing bottle, to cleanse.....	444	pimples, to cure.....	466
vermin in heads.....	443	tartar, to remove from teeth.....	468
weaning.....	446	the bath.....	467
whooping cough, No. 1.....	443	the ear.....	467
Nuts, mixed.....	29	the hair.....	468
Oatmeal.....	352	the hair, cutting of.....	469
fried.....	352	the hair invigorator.....	469
Okra, stewed.....	222	the nose.....	466
Onions, boiled.....	221	the teeth.....	467
fried.....	221	to remove freckles.....	465
stewed.....	221	Pheasants to roast.....	203
Oysters.....	133	Pickles, apple.....	395
broiled.....	136	bean.....	392, 396
filling.....	138	cabbage, red.....	395
fricasseed.....	138	cauliflower.....	394
fried, No. 1.....	135	cherry.....	394
fried, No. 2.....	136	chow chow.....	395
fritters.....	137	cucumber, fresh.....	390
in ice.....	134	cucumber, ripe, sweet.....	391
mock.....	137	cucumber, winter.....	390
on half shell.....	134	currant.....	397
panned.....	135	mango.....	393
turkey wings.....	138	mixed.....	393
croquettes.....	137	Pickles, mushroom.....	394
pie, Boston.....	136	onion.....	393
raw.....	134	peach.....	392
scalloped.....	138	pear.....	391
stewed.....	135	piccalilli.....	392
parsley.....	94	tomato, green, sour.....	396
parsnips, boiled.....	228	tomato, green, sweet.....	396
fried.....	228	Pie, apple sliced.....	248
Parties.....	383	apricot meringue.....	248
Partridges.....	202	banana.....	252
Pastry, pies and tarts.....	242	blackberry.....	252
Peas, green.....	225	cherry.....	245
Perfumes and toilet recipes.....	463	cheese cake.....	252
cologne water.....	464	cocoanut.....	251
essence bouquet.....	464	cocoanut custard.....	247
jockey club.....	464	cranberry.....	245
violet.....	464	cranberry tart.....	251
west end.....	464	cream.....	247
Toilet.....		crust, common.....	244
bad breath.....	469	crust, half and half.....	243
camphor ice.....	470	crust, puff paste, Mrs. Roher's.....	242
chapped hands.....	465	crust, suet.....	244
cold cream.....	470	crust, paste with lard.....	243
complexion wash, No. 1.....	464	currant, green.....	245

	PAGE.		PAGE.
Pie, custard.....	250	Potatoes, brown.....	214
custard No. 2.....	250	cold, palatable.....	215
custard, apple No. 1.....	253	croquettes.....	214
custard, apple No. 2.....	253	French fried.....	214
custard, chocolate.....	253	fried.....	213
elderberry.....	252	broiled.....	213
gooseberry.....	251	mashed.....	212
grape.....	248	scollop.....	213
huckleberry.....	252	princess.....	215
jelly.....	251	puffs.....	212
lemon custard.....	246	Saratoga chips.....	212
lemon custard, grandmother's.....	246	snow.....	213
lemon pie.....	246	stew, raw.....	214
lemon raisin.....	252	stuffed.....	214
mince meat.....	254	sweet.....	216
mince meat No. 2.....	254	baked sweet.....	216
molasses.....	253	Pot pie, squirrel.....	205
orange.....	247	Poultry and game.....	185
orange No. 2.....	247	Prairie chicken, baked.....	203
pie plant.....	249	Preserves.....	42
plum, damson.....	253	apples, whole.....	43
pumpkin.....	249	berries, whole.....	50
pumpkin, eggless.....	249	blackberry.....	48
pumpkin or squash.....	250	cherries.....	45
raspberry.....	252	citron to color.....	48
squash.....	249	crab apple.....	48
strawberry tart.....	252	cucumber.....	49
sweet potato.....	250	currant.....	50
tomato Southern.....	250	lemon peel.....	52
vinegar.....	250	orange.....	47
Pigeon pie.....	200	orange marmalade.....	50
to roast.....	199	peach.....	46, 52
squabs, to bake.....	201	pears.....	47
stewed.....	200	pineapple.....	47
Pig's cheek.....	179	green gages.....	45
Plover, to roast.....	198	plum, sweetmeats.....	45
Pork and beans.....	180	plum, tomato.....	46
fritters.....	180	plum, wild.....	46
fricatella.....	180	prune.....	49
head cheese.....	171	pumpkin.....	51
roast.....	178	strawberry.....	49
souse.....	183	sweet potato.....	52
spareribs.....	179	tomato, green.....	47
chops.....	180	watermelon rind.....	48
to fry.....	182	Puddings and dumplings.....	259
Potatoes a la creme.....	215	apple.....	260
baked in milk.....	213	apple roly poly.....	269
baked plain.....	215	batter with cherries.....	262
balls baked.....	213	berry.....	271
balls fried.....	215	blackberry.....	271
boulettes.....	216	bread and butter.....	284



	PAGE.		PAGE.
Puddings and dumplings, bread, plain.....	263	Rolled oatmeal, for soup.....	95
cabinet.....	268	Rolls.....	73
cake, with sauce.....	271	breakfast.....	76
cherry.....	263	coffee.....	76
chocolate.....	266	French.....	74
chocolate, No. 2.....	266	Parker house.....	74
corn starch.....	272	winter.....	77
corn starch custard.....	272	Rusks.....	78
cottage.....	262	rusks, No. 2.....	78
dandy.....	265	Salads.....	235
fig.....	269	apple.....	240
fruit.....	265	apricot.....	241
half hour.....	262	banana.....	241
Indian baked.....	262	cauliflower.....	240
Indian boiled.....	261	chicken.....	238
Indian steamed.....	261	cabbage.....	240
lemon, delicious.....	269	cold slaw, plain.....	239
minute.....	273	crab.....	238
Newport.....	264	cucumber.....	238
orange.....	266	dressing for.....	236
peach.....	271	dressing, cream No. 1.....	236
peach rolls.....	269	dressing, cream No. 2.....	237
pear.....	271	dressing, cream, cold slaw.....	237
pineapple.....	265	dressing, French.....	236
plum, Christmas.....	260	dressing, fruit.....	239
plum, English.....	260	dressing, Mayonnaise.....	236
plum, plain.....	261	tomatoes, raw.....	241
raisin.....	273	lettuce.....	240
rice.....	267	lettuce, hot.....	241
rice, plain.....	268	lobster.....	237
rice, snow ball.....	268	orange.....	241
sago, royal.....	270	oyster.....	239
snow.....	260	peach.....	241
suet.....	263, 273	potato.....	239
tapioca.....	263, 268	salmon.....	237, 239
tapioca apple.....	263	tomato.....	240
Pumpkins, baked.....	217	veal.....	238
Quails, broiled.....	188	water cress.....	241
on toast.....	202	salsify, stewed.....	227
Rabbit, boiled.....	204	Sally Lunn.....	79
broiled.....	205	unfermented.....	80
or hare.....	203	Sandwiches.....	380
roasted.....	204	chicken.....	380
Rail birds, to roast.....	202	cheese.....	381
Reed birds, to roast.....	202	egg.....	380
birds on toast.....	348	ham.....	381
Rice, baked.....	232	mushroom.....	380
boiled.....	352	sardines.....	381
croquettes.....	353	water cress.....	380
Southern style.....	232	Sauces, suitable.....	125
to boil.....	231	apple.....	128

	PAGE.
Sauce, chile.....	126
bread.....	127
brown, No. 1.....	127
brown, No. 2.....	127
caper.....	126
cranberry.....	129
cream.....	125
currant jelly.....	128
curry.....	128
drawn butter.....	126
egg.....	126, 300
fruit.....	301
fruit, cream.....	300
gooseberry.....	300
jelly.....	300
lemon.....	301
mint.....	126
mushroom.....	128
onion.....	126
oyster.....	129
raspberry.....	300
tartare.....	127
tomato soy.....	128
vinegar.....	300
whipped cream.....	301
anchovy.....	128
caper apple.....	129
champagne.....	130
oyster.....	133
shad roe, for.....	130
Sauces for puddings and dumplings.....	296
brandy.....	299
caramel.....	299
cider.....	297
cocoanut.....	297
cream.....	297
custard.....	299
dominion.....	297
hard gold.....	300
hard orange.....	297
maple.....	297
peach.....	299
plum pudding.....	296
simple.....	296
sugar.....	299
Sausage, pork.....	181
country.....	180
Sherbets.....	366
berry.....	365
apricot.....	372
peach.....	373

	PAGE.
Sherbets, orange.....	372, 373
pineapple.....	372
Tutti Frutti.....	373
Shortcakes.....	293
apple.....	294
cranberry.....	294
epicurean.....	295
jelly.....	295
lemon.....	295
orange.....	294
peach.....	294
raspberry cream.....	294
strawberry.....	293
sweet.....	295
Snap, ginger.....	339
Jackson.....	340
Snipes, to roast.....	201
Soups.....	90
asparagus.....	106
barley.....	105
bean, black.....	105
bean, dried.....	104
bean, turtle.....	105
beef.....	95
bouillon.....	96
calf's head.....	98
carrot.....	110
chicken, bean.....	100
chicken, cream.....	100
chicken, plain.....	101
corn, cream of.....	106
corn, green.....	109
consomme.....	96
flavorings.....	93
game.....	102
green corn, chicken.....	101
gumbo, Mississippi.....	94
lobster.....	102
macaroni.....	97
mock turtle.....	99
mutton No. 1.....	97
mutton No. 2.....	97
noodle.....	95
noodle chicken.....	100
Normandy veal.....	99
okra.....	96
onion.....	103
oxtail.....	95
oyster No. 1.....	100
oyster No. 2.....	109
pea.....	104

	PAGE.		PAGE.
Soups, pea, cream of.....	106	Tea, iced.....	364
potato.....	108, 110	Terrapin.....	143
rice.....	104	Time table for cooks.....	438
sago.....	104	The laundry.....	454
salmon.....	107	extra hard soap.....	455
squirrel.....	101	hints.....	454
tomato.....	104, 109	lye, soft soap.....	455
turtle, green.....	102	starch, coffee.....	457
veal.....	98	starch, gloss.....	456
vegetable clear.....	101, 103	starch, polish.....	457
vegetable meatless.....	109	to clean clothing, white.....	462
vermicelli.....	105	to clean kid gloves.....	461
Squabs, baked.....	201	to clean muslin.....	462
Squash, summer.....	222	to clean silks or ribbons.....	458
winter.....	223	to clean yellowed linen.....	462
Squirrel, to cook.....	205	to remove iron rust.....	462
Stock.....	92	to remove mildew.....	462
fish.....	108	to renew old crape.....	461
to clarify.....	93	to wash black hose.....	460
Stuffing, apple.....	207	to wash blankets.....	460
bread.....	207	to wash bordered towels.....	460
ducks, for.....	207	to wash chamois skin.....	459
geese, ducks, for.....	207	to wash fancy hose.....	459
onion.....	208	to wash flannels.....	459
oyster.....	209	to wash lace curtains.....	458
turkey or chicken.....	208	to wash linen or calico.....	458
sage.....	207	to wash pongee.....	459
Succotash.....	225	to wash ribbons.....	458
Sweetbreads, baked.....	171	to wash sateen.....	458
larded.....	175	to wash thread lace.....	461
fried.....	171	washing fluid.....	456
Tapioca, cherry.....	281	Toast, American.....	349
orange.....	281	buttered.....	347
peach.....	281	cheese.....	348
raspberry.....	281	cream.....	348
strawberry.....	281	ham.....	349
Tarts.....	255	lemon.....	350
apple.....	256	tomato.....	350
cherry.....	257	Welsh rabbit.....	349
chocolate.....	256	Tomatoes, broiled.....	223
cream fruit.....	257	deviled.....	224
cream.....	258	escalloped.....	224
gooseberry.....	256	green, fried.....	225
lemon.....	255	green, fried, with onions.....	225
maids of honor.....	257	sliced.....	224
Marlboro.....	256	stewed.....	223
Peringue, peach.....	256	stuffed, baked.....	224
maganini.....	256	toast.....	223
pineapple.....	258	to peel.....	223
shells.....	255	Tongue, beef, boiled.....	170
T.....	364	beef, deviled.....	170

	PAGE.		PAGE.
Tripe, fried.....	167	Vinegars.....	398
to boil.....	167	apple.....	399
Turkey, boiled.....	194	beet.....	399
boned.....	194	cider.....	400
hash.....	196	corn.....	400
roast, giblet sauce.....	193	home made.....	398
roast, with oysters.....	193	sorghum.....	399
scolloped.....	196	spiced.....	400
rissoles.....	196	syrup of.....	367
wild.....	195	yeast No. 1.....	65
Turnips, boiled.....	216	yeast No. 2.....	65
boiled tops.....	217	hot.....	65
browned.....	217	Wafers, sweet.....	350
cream sauce.....	216	scotch.....	346
rutabagas.....	217	Waffles.....	82
Turtles or terrapin.....	144	quick.....	82
Veal.....	173	raised.....	82
croquettes.....	175	rice.....	82
cutlets.....	174	Walnut flavoring.....	95
loaf.....	174	Water ices.....	370
roast loin.....	173	cherry.....	373
stew.....	174	currant.....	374
stuffed.....	173	frozen punch.....	374
with oysters.....	174	fruit.....	372
Vegetables.....	210	ginger.....	371
appropriate.....	160	grape.....	371
Venison Cutlets.....	206	lemon.....	373
sauce for.....	206	orange.....	374
roast haunch.....	205	When food is in season.....	433
steaks.....	206	Weights and measure.....	416
stew.....	206		

















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